

The ghoulish work of the Resurrection Men

SPECIAL REPORT • P15



Skyfall review

P63



TRICK OR TREAT



We sent our journalist to a Docklands pub for the night to search for the ghost of Nelson,



said to haunt the premises. What happened next remains a mystery. All we received was raw

footage, a few emails and an unpaid bar bill...



FULL STORY
Page 14

Fanciful idea to turn commute into a swim

CRAWL TO WORK



TIRED of the Tube, defeated by the DLR, fed up with the flab? An out-the-box London design studio has conceived the ultimate hard-body commute – LidoLine.

On the Regent's Canal, from Little Venice in the west to Limehouse basin, "crawl lanes" would create a wet commuter network.

"We were picturing a kind of James Bond businessman, swimming all the way to work in Canary Wharf," says Alex Smith of Y/N Studios which developed the idea. "We were inspired by watching the Olympic triathlon, seeing people swimming in the Serpentine."

Continued on Page 4

Win TICKETS



- To ATP Tour Tennis
- To Excel Gadget Show
- To Cineworld cinema

WIN



Naim UnitiQute Sound System

Worth £995

P10

Facebook's
Joanna Shields to
head up
Tech City



P6

TIME FOR A NEW CAREER? Check out our 8-page jobs pull-out



JONES LANG
LASALLE®

Sales & Lettings 020 7715 9700



WEATHER

12C TODAY
Showers

9C FRIDAY
Partly cloudy

8C SATURDAY
Mostly sunny

8C SUNDAY
Showers

9C MONDAY
Partly cloudy



TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.
ROADS
No major problems.

Don't even
THINK of going
home until
4.30pm
when you can
check our
travel update

INSIDE

NEWS
Pages 1-15

LIFE & FOOD
Pages 16 / 57-59

CAREERS
From Page 17

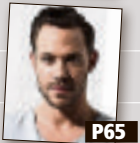
PROPERTY
Pages 21-56

FEATURES
Pages 61-69

SPORT
Pages 70-71



P10



P65

CONTACT US

The Wharf
Trinity Mirror
21st Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

ESTABLISHED 1998

Agenda

I want to swim, not consume your fluids

Swimming is my exercise of choice. By which I mean if I absolutely have to do some form of movement, while pursuing my dedication to consuming chocolate biscuits, then swimming it is.

In a spectacular act of self-deception I've convinced myself swimming is vital to my work.

I think of ideas, words and other whatnots to write, as I glide through the water like a pot-bellied pig in a polka dot tankini.

Today I not only got my inspiration from the pool, I was bally well submerged in it: why do people spit into swimming baths?

BLONDE'S EYE VIEW



ANGELA CLARKE

Those who snort nose water into the pool. Those who blow bubbles with each stroke.

And, most alarmingly, those who suck water in and spit it back out as they go, like the Trevi Fountain doing breaststroke. This is not the dentist, guys. You don't need to swill and spit.

I like grown-up pools, free from splashing kids, couples bobbing about heavy petting and anything that looks like someone else's wee. I prefer gym and spa pools because the disinfectant trough they have at public baths – or the "verruca puddle" – makes me feel queasy.

I like to swim in lanes, in silence.

I'm happy sharing my pool with other swimmers. I'm not happy sharing bodily fluid with a spitting weirdo.

Gobbing into a pool is the most disgusting thing in the world. Instead of swimming in chlorinated water I am swimming in other people's saliva.

Floating about in their germs. Why would anyone do that? It's a sin against swimming. It's perverse. I've never seen Michael Phelps squirt water like a hosepipe as he crawls.

When it comes to swallowing or spitting, limit it to your social life. Find Angela on twitter: @TheAngelaClarke

Reuters' view



William Shatner who plays Captain James T Kirk in the original version of *Star Trek* arrives at the Destination *Star Trek* London. More pictures / Page 7

A week
in photos
Page 66

What our writers are talking about



■ "Made me smile seeing our boys pictured on the same page! You can't fail to spot Master A!!" came back the disturbing reply.
Tabitha Ronson

■ If you were one of Boris Johnson's people – or the man himself – would this new survey fill you with existential despair?
Charlie Whisky

■ I have been surprised at the messages I have received supporting my opposition to the sale of "Old Flo".
Clr Peter Golds

■ And so it goes with Bond. Ribbing the formula. Destroying the formula. Embracing the formula. Renewing the formula.
Giles Broadbent

60 Second Wharf

NEWS

Facing the challenge

European Facebook chief Joanna Shields will be taking over the drive to create a Tech City in east London.
Page 6

Trekking to Docklands

Thousands beamed down to Excel to ensure that the *Star Trek* convention became a record-breaking event.
Page 7

Reach for the Sky

Pupils from Woolwich got the run of the TV studio in The O2 – with a little help from some Sky presenters.
Page 8

FEATURES

Fruit gives its loot

Shining in the rain, Beth Allcock felt all aglow after her pomegranate skin treatment at ReSpa.
Life • Pages 16 / 57

Hero in a half-shell

A plate of oysters may seem a formidable choice – but there's no reason to be scared of the enigmatic dish.
Food • Pages 58-59

Bond is back

James Bond is back with a dazzling new adventure with a twist – not just of lemon but of plotlines too.
What's On • Pages 62-63



P8

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:
Phone 020 7293 3681

Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

■ The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 20/23 High Holborn, EC1N 2JD. Website www.pcc.org.uk or email complaints@pcc.org.uk. Telephone 020 7831 0022. Helpline: 0845 600 2757.



EAST LONDON CHAMBER
COMMERCE AND INDUSTRY

WANT TO DO SOME SERIOUS NETWORKING ? JOIN DOCKLANDS BUSINESS CLUB FOR:

- Regular free networking events
- Top flight speakers
- Member to member on line marketing
- Low membership rates for local businesses
- Annual business awards
- Free legal advice

Plus many more events and management support services

FIND OUT MORE:

www.docklandsbusiness.org.uk
Phone: 0207 203 1965
Email: dbc@londonchamber.co.uk

DOCKLANDS BUSINESS CLUB
25 YEARS WORKING FOR
LOCAL BUSINESS

Lecturers on strike over workload proposals

EDUCATION

Beth.Allcock
@wharf.co.uk

STUDENTS and lecturers at a Docklands university joined forces as they swapped their classrooms for the picket line.

A day stint of industrial action at the University of East London was staged by members of the University and College Union (UCU) in a protest against proposals that would see their workload increase.

Greg Barnett, UCU's regional officer, said the strike was a sign of how serious the dispute had become with the deadlock not broken despite 20 meetings during the past six months.

"The union has bent over backwards to find a resolution settlement," he said. "This has become a less and less happy institution to work at."

Branch secretary Jacqui Mitchell, a senior lecturer in UEL's School of Art and Digital Industries, said management was trying to "crush" staff for "perverse" reasons.

She said: "We are passionate about teaching and lecturing and are passionate about our students, so it's really with regret we find ourselves in this position."

"This is all the fault of management – they have put us in this impossible position. They want



Strikers on a picket line outside University of East London at Docklands



to introduce something that is not appropriate and reasonable.

"For some reason they seem to think we don't work hard enough."

The union has not ruled out further industrial action.

Student Union member Jonas Liston, 20, said it would take both students and lecturers "fighting together" on a united front to block the plans.

A UEL spokesman said: "We are disappointed that the union is calling strike action while negotiations are ongoing."

"Regardless of action, we are genuinely committed to achieving a negotiated outcome to this dispute and hope to reach a resolution with minimal impact."

BEN BROOKFIELD

NEWS IN BRIEF

Canary Wharf round-up

Ice rink under way for festive season

ATTRACTIONS Ice Rink Canary Wharf returns to Canada Square Park next week.

Construction work is already under way on site and the first skaters will take to the ice on November 3.

The rink is open from 9.45am to 11pm, seven days a week, and customers will also be able to visit a pop-up Boisdale and coffee lounge. Go to skatecanarywharf.com

Top chef brings his kitchen to Wharf

FOOD Chef Tom Aikens is heading to Canary Wharf five years after his first attempt failed.

It was announced this week, Tom's Kitchen, Deli and Bar will open in April as part of an



Michelin starred Tom Aikens

expansion on the back of a cash injection by new business partners London Doors.

It is believed the Wharf venue will be based at 11 Westferry Circus.

Aikens said: "We have been exploring options for a space in east London for some time now and we are thrilled to be moving forward with this exciting location."

"We are keen to offer our quality British comfort food, featuring the finest seasonal produce, to the thriving Canary Wharf community."

Cable car out in the cold without Games

TRANSPORT

Critics say changing ticketing policy is key to boosting link

Rob.Virtue
@wharf.co.uk

Heralded a success in its opening weeks, the cable car is now coming under increasing scrutiny after a steep drop in passenger numbers.

Figures for September showed the river crossing is running at less than 10 per cent capacity.

Labour London Assembly Member John Biggs said although the link was useful for back up to the Tube and DLR, as well as a tourist attraction, it was not a "serious transport solution".

He said: "It is a real shame locals have to pay additional costs to cross the river when fares are already so high."

"The mayor should incorporate the cost of the river crossing into a Zone

1-4 travelcard then it would be better used by local people, and not just visitors."

Fellow Assembly Member Darren Johnson, of the Green Party, said the figures, which show an average of 246 people using the Emirates Air Line each hour in the three days following the Paralympics, showed the need for a re-assessment of the ticketing policy.

The link, which cost £60million to build, was used by an average of 1,747 people an hour in the last three days of the Olympics.

The capacity for the route linking the Excel with North Greenwich is 2,500 people an hour.



The Emirates Air Line has seen passenger numbers fall away

Mr Green said: "I warned the mayor that excluding the cable car from travel cards, the Freedom Pass or the Oyster cap would prevent it from becoming fully integrated and these low passenger numbers show that this is exactly what has happened."

"The mayor should urgently review the cable car's ticketing policy to make it more attractive for ordinary Londoners to ensure that this part of the Olympic legacy can be enjoyed by far more people than is currently the case."

In response to the latest figures, Transport for London has launched an advertising campaign to encourage more to use the link including posters on the Tube and text messages to O2 customers.

TfL's head of the Emirates Air Line, Danny Price, said: "As with all new transport links, the number of regular users builds over time as people become familiar with new journey possibilities."

"Following the exceptional Games period TfL will be raising the profile of the Emirates Air Line, particularly in the local boroughs where people benefit most."

Occasional habit getting out of control?

When an occasional habit gets out of control, it can quickly become an addiction. It can wreck your life and the lives of those around you.



Fortunately, addictions can be treated.

80% of people on our addictions programme are abstinent or improved one year after treatment and **95%** have improved psychological wellbeing*.

Contact The Priory today to arrange a confidential, **free addictions assessment**:

Call: 0845 2 774679

Email: info@priorygroup.com

Visit: www.priorygroup.com/addictions

You've come this far, don't back out now.

The Priory Hospital Roehampton
Priory Lane, Roehampton,
London, SW15 5JJ

The Priory Hospital North London
Grovelands House, The Bourne,
Southgate, London, N14 6RA



PRIORY

*Abstinence based on patients across all Priory hospitals who could be contacted 12 months after treatment, 2011. Psychological wellbeing based on standard outcome metrics for inpatients after seven days of treatment.

News

No driverless
Tube trains
before 2020

DRIVERLESS trains, pioneered on the DLR, will not become a feature of Tube travel until 2020 at the earliest.

Transport for London managing director Mike Brown has confirmed that any new technology – criticised by rail union RMT – would be analysed in a “considered, calm way”.

However, steps would be taken ahead of that date to pave the way for the introduction. The Mayor of London Boris Johnson has pledged to introduce automatic train control, already in place on certain Tube lines on 48 per cent of rolling stock by the end of 2014.

Speaking to the London Assembly transport committee Mr Brown said that staffing might include “train captains” as used on the DLR.

Chairwoman Caroline Pidgeon, said: “The issue of if and how driverless trains are developed is of great interest to Tube passengers. If funding is acquired, TfL will need to consider carefully how it moves forward.”

A splashing
way to fit
exercise in
to busy day

FROM PAGE ONE

In the high-concept notion, “basins” would be dropped into the canal separated by filtering system used in a similar scheme in New York’s Hudson river. So the water would be clean and the boats would be out the way.

And there would be no schlepping

to the office foyer in dripping gear. Stations along the way would provide changing areas and lockers.

In summer there would be sunbathing decks, and, come the winter, and the swimming route becomes an elongated ice track. All year round canalside events and cinema screenings.

David Lomax of Y/N said: “We thought that another new open space was a little redundant – the problem is those spaces are under used.

“We would create a network to link those areas together. Creating a commuting network would allow people to reuse the canal, and they could be taken to work while highlighting underused places of London.”

Smith said: “The canals used to be functional routes for industry, but now they’ve become purely recreational.

“We thought, why not turn the waterways back into something useful, connecting people with the places

they work?”

The LidoLine was runner-up in an ideas competition run by the Landscape Institute in partnership with the mayor of London and the Garden Museum.

The brief was to dream up an equivalent of New York’s popular High Line Park, where redundant architecture is re-purposed.

Limehouse Basin has been the centre of high concept travel solutions before, of course.

Water Chariots launched a canal boat service from Canary Wharf to the Olympic Park that was planned to run a minimum of 15 years. It lasted just weeks.

Go to ynstudio.eu.

Giles Broadbent



LAURA WILLIAMS

looks at the fitness advantages of swimming to work

For those aspiring Adlingtons, the LidoLine would be a dream come true.

And if you swam from Hackney to Limehouse with a leisurely freestyle stroke, you could expect to burn a whopping 1,500 calories if you covered the entire three-mile distance (you might not have much energy left to deal with your boss the other end though).

Other fitness benefits of a swimming commute include:



LidoLine could be used by swimmers in summer and skaters in winter



ELEPHANT ROYALE

Royal Thai Cuisine

SUNDAY BUFFET (NOON - 4PM) £16.50
3 COURSE SET LUNCH £11.50
1 COURSE EXPRESS LUNCH £7.50

OPENING TIMES:-

MON - THURS: NOON - 3PM and 5.30PM - 10.30PM

FRI: NOON - 3PM and 5.30PM - 12PM

SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

RIVERFRONT VIEWS

LIVE MUSIC (WED - SAT)

AL FRESCO DINING

OPEN KITCHEN

POLYNESIAN COCKTAIL BAR

PRIVATE CAR PARK

020 7987 7999

WWW.ELEPHANTROYALE.COM

Locke's Wharf, Westferry Rd,

E14 3WA

DLR - ISLAND GARDENS

Also at Gants Hill - Tel: 020 8550 8886



How Quay wetlands put water to work

RISING from the Thames – often reflecting its poor condition – the lowlands of the Isle of Dogs were once marshlands.

Designers Erika Richmond and Peggy Pei-Chi Chi have used this ancient ecology as a starting point for their own idea on how to reclaim London's infrastructure – Barge Walk.

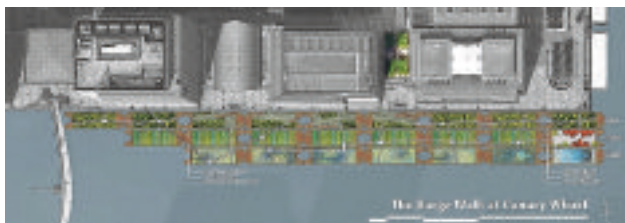
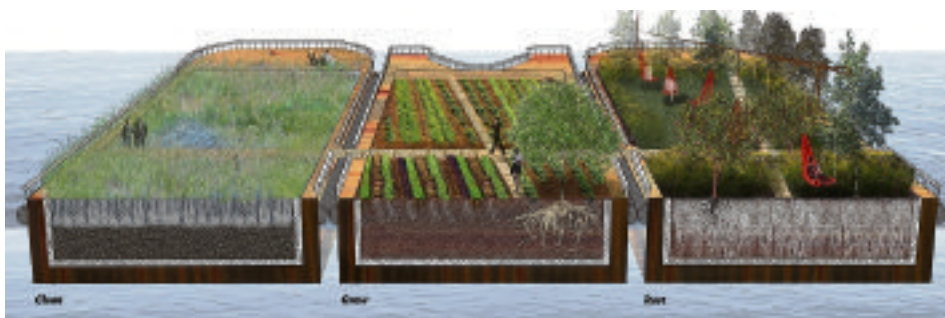
The idea was highly commended in the Landscape Institution competition and brings leisure, market gardening and wetlands within reach of Wharfers, all the while cleaning the Thames.

Peggy said: "Our proposal intends to reconnect people with the water through the creation of a linear park, farm and wetland on reclaimed barges anchored at the edge of the wharf."

"The design concept reflects the history and ecology of the area and brings life into a sterile working neighborhood, attracting both locals and visitors."

The design by Peggy and Erika Richmond, recent graduates of the Masters of Landscape Architecture programme at the University of Toronto, links 24 barges in a linear park off the South West India Dock.

The team explained that the Barge



W What's the future of your design?

"Barge Walk could be re-created all around the city becoming a new model for parks in cities."

flowers are grown and sold at a market barge.

Finally, the outer edge provides the green infrastructure needed to sustain the park and garden. The barges let in water and clean it as it flows through a series of wetlands.

Barge Walk is designed as a modular structure allowing individual barges to break off and travel to other sites.

Erika said: "The modular element is what makes Barge Walk so exciting – it could be re-created all around the city becoming a new model for parks in cities, and one that is adaptable to rising sea levels."

Walk had three interconnected barges. Closest to land is the park, which invites people and wildlife in with its cool tree-lined walkways.

The second is a linear market garden in which vegetables and



Erika Richmond and Peggy Pei-Chi at South Quay

NEWS IN BRIEF

Greenwich digest

Man jailed for cashing cheques

COURT A man convicted of cashing cheques belonging to illusionist Derren Brown has been jailed for 16 months.

Bernard Ayanbanjo, 48, was given the blank cheques by the celebrity's cleaner – Rocío Pavon-Navarrete of Greenwich – who has already been jailed.

Ayanbanjo, of Waverley Road, Woolwich was found guilty of two charges of fraud after Southwark Crown Court heard he had paid in sums totalling more than £30,000 into his account.

Market embraces its spooky side

HALLOWEEN Greenwich Market will be transformed into a hub of horror next week as stallholders inject spookiness into the town.

A variety of Halloween-themed fun, including free children's costume workshops by Greenwich trader Miss Libby Rose, pumpkins, ghoulish music and facepainting will take place throughout the evening of October 31.

Pay & Go

International mobile calls from 1p a minute

|  International Sim | India mobile calls | Poland mobile calls | Pakistan mobile calls | Ireland mobile calls |
|--|----------------------|----------------------|-------------------------|----------------------|
| | 1p | 4p | 7p | 10p |
| | Romania mobile calls | Nigeria mobile calls | Bangladesh mobile calls | Ghana mobile calls |
| | 8p | 6p | 3p | 18p |

10p texts to all countries



Text LONDON to 66202, visit your local corner store, any O₂ shop or o2.co.uk/internationalsim

O₂

MALL TRAWL

Bargains, happenings, deals, sales

SMILE The Neem Tree Dental Practice, 2 Churchill Place, is holding its second Invisalign and Orthodontics Day on Wednesday, November 7. Book for a free 30-minute consultation with an expert and 10% off treatments, complimentary teeth whitening home kit and free aftercare. Go to theneemtree.co.uk.



According to Daily Mirror graphics desk Andy Carroll is currently looking fairly bored being dragged round shops in Canary Wharf @MirrorTravel



SALES Cabot Place is offering sales galore with Jones Bootmaker giving £20 off some boots and 20 per cent off leather handbags. There are half price mid season sales at Dune, Jaeger and River Island.

REVEALED The proposed new shopping area in Jubilee Place – well, you can look down on the works through curious viewing holes dotted along the mall.

FREE DRINKS The Parlour is readying itself for the Christmas rush. And if you book your party of 10 into the bar/restaurant before

next Wednesday, your guests will get a complimentary reception of bubbly, mulled cider or wine. Contact charlotte@theparlourbar.co.uk

Joanna likes London

BUSINESS

Facebook boss to head up drive to bolster Tech City

Rob.Virtue
@wharf.co.uk

East London's burgeoning Tech City sector has secured a coup by appointing a Facebook boss as its new chief executive.

Joanna Shields, vice-president and managing director for Europe, Middle East and Africa at the web giant, is to join the Government-led Tech City Investment Organisation in January.

The 50-year-old Pennsylvania-born businesswoman, who has been working in the UK for the past decade, said she saw the area as having the potential to be a "major force in digital innovation".

Shields said: "The seeds have been sown in east London for a dynamic and successful cluster – we have the infrastructure, the technology and the talent, now we need to accelerate the growth."

She also said she saw the cluster as being a threat to Silicon Valley in the United States.

"With the right boost now, there is no reason why we can't make



Joanna Shields takes over at the Tech City Investment Organisation, pushing east London as a tech cluster

London the number one location for tech in the world," she said.

TCIO was set up two years ago by the Government's UK Trade and Investment to attract digital firms to east London.

Companies such as Google, Intel and Cisco now have a presence in the area.

Trade and Investment Minister

Lord Green said: "Tech City is a great success story and I believe Joanna Shields has the expertise and ability to make a hugely valuable contribution to its development."

Shields, who also takes on the role of Business Ambassador for Digital Industries and chairman of the Tech City Advisory Group, replaces Eric Van Der Kleij at TCIO.

He vacated the chief executive position for a similar role at Canary Wharf Group last month.

Shields said: "I think London is an extraordinary city. You have Washington with government, New York with financial and advertising and creative and Los Angeles with creative within a few square miles."

Business / Page 64



www.henrysbar.co.uk

EVENINGS AT HENRY'S

£3 A PINT OF BECK'S VIER

£15 A BOTTLE OF PROSECCO

£9.95 A BOTTLE OF HOUSE WINE

SATURDAY TO WEDNESDAY 5PM-8PM

SEE A MEMBER OF STAFF FOR MORE DETAILS

UKHSE TRAINING & CONSULTANCY

- Asbestos Management & Surveys
- Food Safety
- Fire Risk Assessments
- Inspections & Audits
- First Aid Training
- E-Learning
- Property Compliance Packages



Tower Bridge Business Centre,
London E1W 1AW

www.ukhsetraining.co.uk

Tel: 020 7709 2000

E-mail: info@ukhsetraining.co.uk

News



GETTY & JAMES FERRIN

They boldly went there

THERE was a record broken (1,084 fans in costume), a Klingon wedding and a rare confluence of the five captains (or four plus one if you count a reluctant Sir Patrick Stewart).

But most of all there were fans from across the country and the continent paying homage to 46 years of *Star Trek* at the Excel in Docklands.

They mingled with stars from the series, showed off their costumes and fantasized of life aboard a recreation of a *Star Trek* set.

Chase Masterson, best known as Leeta in *DS9*



Jossie Sockertopp and Sonnie Gustavsson from Sweden tie the knot in a Klingon wedding at the Destination *Star Trek* London event at Excel



From left, William Shatner, Kate Mulgrew, Avery Brooks and Scott Bakula call for a reluctant Patrick Stewart, left, to join them in posing for a photo of actors who played *Star Trek* captains

ASTON'S
CHAMPAGNE & WINE BAR

CHRISTMAS 2012

Exclusive Christmas package for just £45.00

- Free drinks between 6-11pm
Single house spirits & mixer, selected draught beers, house wines and soft drinks.
- Professional DJ playing all your party favourites
- A delicious Christmas buffet
- Party hats, crackers and poppers

We also offer tailor made Christmas packages which include.

- Exclusive hire availability
- Your choice of buffet food & drinks

We are taking bookings now, so to avoid disappointment contact us to reserve your party date. A booking deposit of £5 per person is required and the balance is payable 3 weeks in advance of the event.

Find us on Google Maps



**VIP
CHAMPAGNE
PACKAGE**
£65 pp

For bookings tel. 0207 537 3903

Astons Champagne & Wine Bar | 187 Marsh Wall
London E14 9SH

manager@astons-bar.com | www.astons-bar.com

Carrot Cars



0207 005 0557



Card terminal in every car!
bookings@carrotcars.co.uk

Book online: www.carrotcars.co.uk



Cheap, clean, reliable minicabs

Pupils learn secrets of the screen from telly experts

EDUCATION Beth Allcock on a celeb TV tutorial

Top TV presenters gave a helping hand to schoolchildren as they explored the behind-the-scenes workings of a news studio at The O2.

Enthusiastic youngsters in Years Five and Six at Cardwell Primary School, Woolwich, experienced first-hand how television is made with a trip to the Sky Studio Experience, based at the North Greenwich venue.

Budding news and sports presenters had their time in the spotlight, presenting a piece to camera from behind the newsdesk while their friends controlled the camera, autocue and penned the script.

The product zone enabled pupils to access 3D-TV and iPads at the same time as others posed in front of the green screen with images of their favourite

Sky presenters, including *Sunrise* hosts Eamonn Holmes, Charlotte Hawkins and Jacqui Beltrao, who shared their top tips.

Eamonn said: "It's really nice to come down here and see the enthusiasm I remember having at 11 years of age, which is when I decided I wanted to be a television reporter."

"When the news becomes understandable and digestible to them and they know more about the world, their aspirations rise, their sense of expectation rises."

"They know everything about computers and iPads and mobile phones and all this is a natural step for them in understanding how the content they view has come together."

"We have gone around and shared some tips with them and heard what



Sunrise presenters Eamonn Holmes and Charlotte Hawkins give pupils from a school in Woolwich hands-on experience in front of the cameras



they have to say and heard what they want to do, and what they watch on television.

"It's lovely to see the excitement in their eyes."

"Sometimes you can be doing this job for a long time and I am lucky that at 52 I feel the same as I did towards it when I was 12."

"I have never lost that feeling of how magic television is."

School acting deputy head Rob Dunbabin said: "We spend a lot of time telling them they are the future and they can be what they want to be."

"It's nice to see this and really realise it's there for them on their doorstep – it's a great opportunity."

Headteacher Carol Smith said: "The kids are amazed that this is real news, it is not made up in school, and they are able to really visualise what it's like. It's a great experience."

The studio is open from noon to 8pm. Go to theo2.co.uk.

OCTOBER SOCCER SPECIAL

DURING ALL LIVE PREMIER LEAGUE AND CHAMPIONS LEAGUE FIXTURES THROUGHOUT OCTOBER:

BUCKET OF TEN BECKS: £30

FOUR PINT JUGS OF CARLING AND LONDON PRIDE: £12.00

BOTTLE OF HOUSE WHITE OR RED: £12.00

THE CAT AND CANARY

25-27 FISHERMAN'S WALK, BUILDING PC2, CANARY WHARF, LONDON E14 4DH
Tel: 020 7512 9187 / Email: catandcanary@fullers.co.uk

Sundance to return in April

SUNDANCE London, which brought indie films and stars to Greenwich earlier this year, will return in 2013 and 2014.

Sundance president Robert Redford, who attended many events at The O2, had always said a repeat was down to the reception the export received.

Now he has announced his verdict – the debut had been "warmly welcomed by adventurous audiences".

He said: "The vibrant arts community in London has



Robert Redford at The O2 informed this decision as much as anything.

"Seeing what comes of nurturing a broader global community for new voices and varied perspectives in

American independent film and music seems a worthy 21st century endeavour."

Alex Hill of AEG Europe, owner of The O2, said April's four-day showcase had been "hugely successful".

Visitors were able to see the best of the Utah festival including *The Queen Of Versailles* and Josh Radnor's *Liberal Arts* as well as attend panel discussions.

Tickets for April's event go on sale from November 9. Go to sundance-london.com
Giles Broadbent

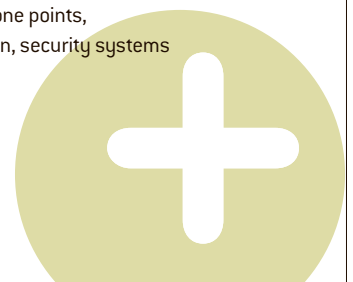
prompt, reliable electrical services

Harland + Voss

rewiring, installations, lighting, sockets and phone points, testing and safety certificates, home automation, security systems

020 8451 0345

www.harlandvoss.com





NO ADMIN FEE

plus a **Personal Training** session worth £65

ALREADY A MEMBER? Refer a friend to join and receive a £65 Spa voucher

020 7970 0911

info@reebokclub.co.uk

Offer ends 31/10/12

Reebok
SPORTS CLUB

reebokclub.co.uk

Gadget Special

NEWS

Discreet speakers launched

IF YOU'VE got money to burn and find yourself looking at your minimalist apartment and thinking "those speakers really spoil the lines in this room" then high end audio brand Opalum might have the solution.

The Scandinavian firm has just unveiled its Flow 4810 speaker system, which



Flow 4810

partners with a hub and touch remote streams music from devices wirelessly using Airport or Bluetooth.

At less than 4cm thick, the speaker is perfect for wall mounting and comes in high gloss black or white finishes.

Priced at £2,899, including remote and hub, it's certainly not a cheap system.

But for those dedicated to design, this award-winning audio solution is certain to be a must have item.

Go to channeldynamics.net for stockist information.

WIN Naim UnitiQute high quality sound system worth £995

It may be a cliché, but in reference to Naim Audio's award winning UnitiQute, good things really do come in small packages.

This all-in-one audio player is a high-performance, compact home system and a great example of what contemporary music enjoyment in the home is all about – music downloads, high-resolution music files, internet radio, network music, Universal Plug and Play servers, MP3 players and WiFi streaming.

The UnitiQute can play anything that the new era of music delivery can throw at it and all with exceptional quality.

And Naim has teamed up with *The Wharf* give away a UnitiQute to one lucky reader, worth a whopping £995.

It's a small box, but big on features. For starters, UnitiQute includes a preamplifier with two analogue inputs, five 24bit/192kHz-capable digital inputs and all the traditional Naim musical clarity and transparency.

It also includes a muscular power amplifier that provides all the rhythmic punch and definition you would expect from Naim.

You want conventional radio? UnitiQute includes FM and DAB tuners that get the best possible performance from either format.

It's also happy to play music from an iPod or other MP3 player

via its front panel-mounted USB socket a digital connection so sound quality is optimised.

It's Apple authenticated too so compatibility is seamless. The same USB socket can be used to play music files in almost any format at up to 24bit/192kHz resolution straight from a memory stick.

And it doesn't end there. A network Ethernet socket and integrated WiFi means that, along with everything else, UnitiQute can easily tap into Internet radio or Universal Plug and Play servers – a Naim HDX for example – to drop almost unlimited music choices right into your lap. All you need to do is add speakers.

For a chance to win this fantastic prize simply answer this simple question: **Which company makes UnitiQute?**

- Name
- Naim
- Surname

To enter go to wharf.co.uk and click the competitions link. You will need this code **UN001** for your entry to be valid.

The closing date for entries is November 1 and the editor's decision is final.

For more information about other Hi-Fi products made by Naim, including speakers, amplifiers and hard disk players, go to naimaudio.com.



The UnitiQute all in one player by Naim

THE TALE OF INDIA

FINEST INDIAN & BANGLADESHI CUISINE

Reputation Built on Quality

"This is what they say . . ."

- Excellent Cuisine, Wonderful service
- The Best Curry in London
- Local atmosphere, Local venue, Local hospitality... but truly excellent Indian flavours
- Excellent Food as always, Great stuff

'David Leppard, THE SUNDAY TIMES'
'Valerie Huggins, DAILY TELEGRAPH'
'Mark Challinor, EVENING STANDARD'
'David Jones THE TIMES'

Special Menu

| | |
|--|--|
| Monday to Friday Lunch Special Served from 12.00 noon - 2.30pm (Dining in only) | Monday & Tuesday Night Special Served from 5.30pm- 11.30pm (Dining in only) |
|--|--|

Choose . . .

- 1 Starter • 1 Main Course
- 1 Side Dish • 1 Rice or Bread

(Enjoy a Free Bottle of Cobra Beer 330ml)
(Free Bottle of Cobra Beer 330ml valid at Lunchtime only - Excluding December)

ONLY £11.95

Awarded to 'TALE OF INDIA' by the Good Eating Guide 2008, 2009, 2010, 2011 & 2012
'SUPREME AWARD OF DISTINCTION FOR EXCELLENCE'

T: 020 7537 2546 F: 020 7987 3223
FREE DELIVERY SERVICE
 WE ACCEPT ALL MAJOR CREDIT CARDS
53 WEST INDIA DOCK ROAD, DOCKLANDS.
 (Opp. Westferry DLR St. 4 mins walk from West India Quay & 6 mins from Canary Wharf Tower)
LONDON E14 8HN
www.thetaleofindia.com

SCINTILLATE

Unisex Salon

**Opening Hours:- Tues - Thurs 9am - 7pm,
 Fri 9am - 8pm, Sat 9am - 6pm, Sun 10am - 4pm**

Special Offer

Newly Opened Salon
FREE blow-dry with any full head colour service

55 West India Dock Road, Docklands London E14 8HN
 (Opp. Westferry DLR St. 4 mins from Canary Wharf)
www.scintillatesalon.com info@scintillatesalon.com
020 7987 2223

Product reviews

WORK

E-Pens Mobile Digipad Pro
E-pens.com, £149.99

No-one could accuse me of being a techie.

Colleagues who witness my struggles to coordinate my iPod with the treadmill in the gym, or my hair stylist's gentle encouragement to ditch the magazines in favour of a swish salon iPad, can all testify that I'm a couple of steps back from the cutting edge of the gadget world.

So when I received the E-Pen's Mobile Digipad Pro, in its smart-looking packaging, I was apprehensive.

The product is designed to capture handwritten notes and illustration using a rechargeable digital pen attached to a paper



notepad. After jotting down some text you can plug the device into a PC or Blackberry USB port and watch, as your handwriting is converted to typed text.

You can then send the message as an email, or save it to a Word document. All simple really and smart too, encased in a leatherette folder.

Granted, the digipad does its job well and although the text conversion was not a mirror

image of my looping scrawl, it was pretty much spot on.

But at the same time, it is hard to pinpoint the market for this product with smartphones making notepads increasingly yesterday's news. It is probably more suited to people like me, who haven't yet become welded to an iPad device and for whom longhand is still a big part of their day-job.

At £149.99, it's pricey and I'm not really sure I've got space for one in my already over-stuffed handbag.

Beth Allcock

Our verdict

Works but where's the niche?

★★★☆☆

REST

Zeo Sleep Manager

Myzeo.co.uk, £89

My fiancée doesn't sleep very well; something I hope isn't entirely caused by the prospect of spending the rest of her days with me.

She has a very chaotic lifestyle with little routine, working freelance in high-stress conditions. Consequently dropping off proves tricky.

So this gadget's promise to deliver accurate data on how she sleeps then tailored advice on how to fix it sounded like the answer.

It comprises a sensor in a headband and an iPhone app to record the data.



My fiancée donned the band and I set the app recording. Data came through.

Reassuringly, and a little optimistically, it told her she could now go to sleep.

However, upon waking, we discovered the data was incomplete. Black space where REM, wake, shallow or deep sleep should have been shown. We persevered, but each night we encountered the same problem.

And, although it was interesting to see the data that had been recorded, it was incomplete some nights and was therefore useless.

The connection was fine and we did everything suggested in the manual, but to no avail.

The advice was also a disappointment. There was little in the app that seemed targeted (even if it had been, the missing data would have rendered it senseless) and you could probably get the vast majority of hints and tips by reading about sleep disorders on the internet.

Jon Massey

Our verdict

Data loss is its Achilles heel

★★★☆☆

WIN

Gadget Show
Live tickets for its opening day

The latest games consoles, tablets and smartphones, as well as futuristic robots, solar powered watches and mind-blowing home cinema systems, will all be on show at the Excel next month.

From November 30 to December 2, Gadget Show Live comes to town for its first ever Christmas special.

Companies including Windows, Nintendo, PlayStation, Xbox, Canon and Virgin Media will all be exhibiting. There will also be a gaming stage and a Super Theatre with Jason Bradbury, pictured, and Pollyanna

Woodward from Channel 5's *Gadget Show* hosting events.

To celebrate its arrival, *The Wharf* has teamed up with the organisers to offer our readers five pairs of tickets for November 30.

For a chance to win a pair, go to wharf.co.uk, click the competitions link and answer this question: **What television channel is the Gadget Show usually on?**



le shuttle

**HALF PRICE
DAY TRIP**

ONLY
£22
per car, return*



HURRY!

OFFER ENDS 12 DECEMBER

CALL NOW!

0870 850 9552
eurotunnel.com/dayoffer

*Valid on any Tuesday, Wednesday or Thursday from 13 November to 13 December 2012. Subject to availability. Terms and conditions apply.

FOLKESTONE - CALAIS

Peppa Pig
Live stage show

Peppa Pig's Treasure Hunt

THE PERFECT CHRISTMAS TREAT!
LONDON, WEST END
CRITERION THEATRE
6 Dec-6 Jan 0844 847 1778

www.peppapiglive.com

Peppa Pig © Astley Baker Davies Ltd / Entertainment One UK Ltd 2003

FABULOUS FESTIVE FOOD AT TOMPKINS

BOOK YOUR CHRISTMAS PARTY
BEFORE 31ST OCTOBER FOR
A MINIMUM OF 6 PEOPLE AND
YOUR PARTY ORGANISER WILL BE
REWARDED WITH A £30 VOUCHER
TO BE REDEEMED IN JANUARY 2013

Full menu available from:
www.bit.ly/TompkinsatChristmas

Canary Wharf, 3 Pan Peninsula,
London E14 9HN
0208 305 3080
info@greenwich-inc.com
www.tompkins.uk.com

TOMPKINS
home from home

Features

Whether it's fitness, food, beauty, cooking, or cars, it's more fun in the back

FROM PAGE 16

skillsLondon
2012

Bursting with careers
From maritime to finance



Are you 15 - 24 or a parent or carer?
Visit London's biggest careers & skills event
23 - 24 November 2012 @ ExCeL London
www.skillslondon2012.co.uk



Organised by

London First prospects

Supported by

Apprenticeships MAYOR OF LONDON

e-partner



Comment / Page 65



Burrows & Grey

Recruitment for the Accountancy & Finance Sector

We charge a
10% flat fee on
all permanent
placements

Burrows & Grey are finance industry experts. This means we can relate to our clients, and provide the highest levels of service. Our promise is to provide a flexible, contract less, and personal service to our clients, in order to find them the strongest possible candidates on the market.

Please get in touch for a no obligation meeting with one of our Directors.

Suite 19034, Lower Ground Floor
145-157 St John Street
London EC1V 4PW

Telephone: 0845 052 1867
Fax: 020 3004 0933
Email: info@burrowsandgrey.co.uk
Web: www.burrowsandgrey.co.uk



Digest

The Week In Brief

Oct 18-25 • Round-up of other news from the last 7 days



Photo story

Got £95,000 a year to spare and an itch to scratch? Then a new restaurant business opportunity will be soon literally heading this way as the Marienburgh boat gears up to travel from its current berth in Holland to South Quay. The Marienburgh is an historic, two-mast schooner that dates back to 1912. The main restaurant will be on the lower deck, which will feature a crafted teak staircase and brass portholes. The upper deck will include a bar and room for an al fresco dining area. Alex Hill, of agents Colliers International said: "With demand for well located London dining space arguably at an all-time high, we are anticipating strong interest in this unique opportunity."

Man dies after mystery collision at roundabout

POPULAR Police are appealing for information following a fatal collision in Poplar on Tuesday. Officers were called to the Leamouth Roundabout at 8.40pm after reports of a Ford Transit minibus that had hit a traffic light. The 44-year-old driver was found collapsed at the steering wheel and taken by ambulance to the Royal London Hospital where he was pronounced dead. Police believe the minibus had travelled along Aspen Way and was in collision with a black Ford Galaxy at the roundabout. Witnesses should call 020 8597 4874.

Tunnel upgrade fiasco may end in legal action

GREENWICH The £11.4million refurbishment of the Greenwich and Woolwich foot tunnels has descended into a bitter row. Greenwich Council has finally conceded the two-and-a-half-year project has gone awry, with work incomplete. The council says it is now seeking legal advice on how to claw back money from original contractors after they failed to hit the deadline. Meanwhile, user groups say mismanagement of the project by the council is to blame.

Doctor and co head for cult sci-fi convention

DOCKLANDS TV stars such as *Primeval*'s Sara Canning, WWE superstar Adam Copeland, and Hollywood actor Bill Paxton – promoting his graphic novel – will be attending the MCM London Comic Con this weekend at the Excel centre. Topping the bill will be the current *Doctor Who* – Matt Smith – launching the DVD of the recent series that saw the end of Amelia Pond. Thousands of cult sci-fi fans are expected, most in fancy dress. Go to londonexpo.com.



Sara Canning of *Primeval*

Police still seek suspect six months after attack

GREENWICH A man wanted in connection with a stabbing on a rush-hour train is still on the loose. Police have taken the unusual step of releasing a photo of Olawale Kolebaje, 19, of Lee Green. Two men have already been sentenced over the incident which took place at 6.30pm on a Southeastern train between Deptford and Westcombe Park on April 16. Call 0800 40 50 40 with information.



Two jailed for allowing woman to be tortured

EAST LONDON Two men convicted of assaulting a family member they thought was possessed have been sent to prison. Mohammed Kayes Hussain, 28, of Farthing Fields in E1 was jailed for 12 months and Muhammed Aziz, 21, of Barnsley Street in E1, was sentenced to eight months. A third man, Ahmed Hussain, 60, of Cassilis Road in E14 was given 12 months suspended for two years. They were all convicted at Snaresbrook Crown Court of actual bodily harm after tying the female victim to the bed and allowing her to be beaten for nearly eight hours.

STILL TO COME

**WINONA**

Why Tim is so special to me **P65**

PLUS

Your Money Girls pay for boy racers **P64**

**Scott Matthews**

We're ready to unleash the beast

WHAT'S ON • P62-63**OYSTERS**

Heroes on the half-shell

FOOD • P58-59**She sells seashells on the sea shore**

(Well, she'll help you to say it nicely)

BUSINESS • P64

Transport for London

The O2 to ExCeL in less than 10 minutes

Make Emirates Air Line part of your regular travel.

For full fares and flight details, visit tfl.gov.uk/emiratesairline



MAYOR OF LONDON



Follow us on Twitter:
@metpoliceuk

**HELP YOURSELF**

by keeping your home locked up and your valuables hidden from burglars...

...OR THEY'LL HELP THEMSELVES

Close and lock your doors and windows, even if you are going out for only a few minutes. Always keep sheds and outbuildings locked.



Find out how we're targeting burglars and get more crime prevention advice at **www.metbumblebee.org**

**METROPOLITAN POLICE**

TOTAL POLICING



7.47pm

To: The Editor
From: Jon Massey
Subject: Update

I hope I find you in good health. The hour is approaching 8pm and we've reached The Gun in Blackwall where we are to spend the night.

All is bustling conviviality and good cheer as we dine in its restaurant ahead of the evening's activity.

My companion and I have been shown the pub's various rooms and have settled down to plan our scrutiny.



I favour concentrating on the benches close to the door where Lord Nelson's shade is said to wait. My companion believes the greater chance of success lies in investigating an old flight of secret stairs, now blocked off, which the admiral used to ascend to the much-mirrored River Room where he and Lady Emma spent their time.

While some staff members laugh at rumours of the supernatural others are noticeably jittery, saying they've heard strange noises and prefer to leave well before closing time.

None is willing to go on record. I'll keep you updated. •

A night in a pub, alone but with company..

Read the last haunting emails of Nelson hunter Jon Massey



1.45am

To: The Editor
From: Jon Massey
Subject: Update

The staff have shut up shop for the night. It's 1.45am. We are alone. As the last soul to depart was preparing to leave, she received a call from a neighbour complaining of people making noise on the pub's terrace.

But that area had been vacated for some time.

The temperature is artificially high, 25C due to the open fire. It was a

comfort but the heat is becoming oppressive.

We embark on our first patrol of the ground floor surveyed by the glassy eyes of stuffed beasts snarling at us from their wooden mounts.

Nothing. My companion announces his intention to go upstairs. Treading loudly he hopes I will be able to pinpoint the location of the secret stairs by following his footsteps.

My heart rate rises after he departs. I can hear him. There seems to be more than one set of footsteps but it's hard to tell. I can't make out where he is above but it sounds as though he's coming back down. •

3.02am

To: The Editor
From: Jon Massey
Subject: Update

It's just after 3am. My companion said he didn't see anything upstairs but his eyes darted off to one side as he said it.

I keep catching him staring over my shoulder or gazing into empty parts of the pub as though transfixed.

We've seen nothing by the door where Nelson is supposed to sit so we're going back upstairs for another sweep of the River Room. I feel intense trepidation as we approach.

The door creaks open and we step inside. The table inside is set for 13, watched over by the beady eyes of stuffed birds. •



GHOSTFILE

Lord Nelson's ghost is said to haunt the Gun, waiting for his love Emma Hamilton.

He has also been sighted at HMS Victory in Portsmouth and at Somerset House in the Strand

Emma Hamilton is said to haunt Benfleet Conservative Club.

4.10am

To: The Editor
From: Jon Massey
Subject: Update

While filming in the River Room, I failed to notice my companion leave.

He must have crept out while I was busy. I start to sweat, catching the tiniest movements out of the corner of my eye. I don't call out, but instead make my way quietly down the stairs. I try to move silently. As I peer round the corner I can see he's sitting, on the bench near the door, his eyes fixed on it, as though he's sitting with someone. •

EDITOR'S NOTE: At this point, the correspondence stopped. Despite attempts to find Jon all we discovered was some footage which we have placed on a website. We may never know what he saw in his final... Oh hang on, here he is. Overcrowded platform at Moorgate apparently...



HALLOWEEN DELIGHTS

THEATRE



NOSFERATU is based on Bram Stoker's *Dracula* and, in his characteristic style, Polish director Grzegorz Jarzyna uses the vampiric myth to seduce the audience into a dream-like state on the cusp of light and dark.

The production runs to November 3 but on October 31 itself visitors can partake of the Barbican After Dark Halloween Special when they can explore the darkest corners of the arts complex accompanied by an evening of Gothic story-telling, torchlit tours and cocktails. Go to barbican.org.uk.

FILM EVENT



The BFI Southbank has been deposited in the horrible hands of the macabre mascara man Alice Cooper on Friday night.

The ghoul-faced rock god will talk through clips of his favourite nightmare movies which include *Dracula's Daughter* and *Son Of Dracula* to promote his new album.

Top of the bill in *Welcome 2 My Nightmare Movies* is the original *Halloween*, the 1978 slasher spectacular directed by John Carpenter and starring Jamie Lee Curtis. Go to bfi.org.uk.

EXPERIENCE



THERE'S no escape for trick-or-treaters who embark on a spooky voyage to the top of The O2 this Halloween.

Those brave enough to take on the Climb Of The Cursed will begin their challenge at the eerie base camp, where they will meet infected tour guides who will bring alive London's dark and gruesome history.

Climbers will receive bone-tlingling surprises throughout their trip, as they choose to either be tricked or treated.

The climbs begin on October 27 and run until November 4. Go to theo2.co.uk.

Read on »

Two pages of places to go

What's On • P62-63



2 HALLOWEEN EVENTS. 1 AMAZING PARTY!

Halloween

Friday 26th October

Part 1

Starts at 5pm...

Complimentary punch on arrival and DJ from 5pm in the main bar. Scary shots & cocktails on the night.

Part 2

From 10pm...

Join us in the Basement Bar as we play the ultimate Halloween soundtrack to make your night go with a fright!

You must be in Via before 11pm to enable you to party till 2am (due to a license restriction)

Book your exclusive Halloween themed area or table and get a free 'spooky' jug of cocktails & creepy straws.

Pre order your food and drink (bottled) and receive 20% off your bill!

To book or more information visit our website

www.viabars.co.uk

Halloween

EXHIBITION

How the actions of three cruel East Enders changed the law

Giles Broadbent
@wharf.co.uk

On November 5, 1831, two east Londoners turned up at King's College School of Anatomy in The Strand with the body of a young boy to sell.

Gruesome though it was, their deal was not unusual. John Bishop and James May along with Thomas Williams, who lived in Nova Scotia Avenue in Shoreditch, were Resurrection Men who made a living answering the needs of the anatomy schools.

As a new exhibition at the Museum of London attests, the economics were grim but undeniable – demand outstripped supply.

The hospitals and private schools needed 5,000 cadavers a year for dissections.

In 2006, the Museum of London Archeology uncovered a cemetery at the Royal London Hospital in use between 1825 and 1841. The skeletons found there showed evidence of dissection, from craniotomies to severed limbs.

Surgery was something of a bloody lottery but lack of training material hampered

5,000 Bodies a year needed by surgeons would be surgeons further – they were left to share bodies or study wax models.

Thomas Wakley, founder of *The Lancet*, wrote in 1827: "Even at the enormous prices now demanded by the Resurrection Men an exceedingly small supply can only be obtained."

The trade of the grave robbers was necessary but reviled. Fears about entering the afterlife intact and the serial killing indignities of Edinburgh grave robbers Burke and Hare persuaded many to take precautions.

Some were buried in metal coffins (Mrs Campbell's last refuge of 1819 is on display), while others stood guard over newly-buried loved ones. Some laid mantraps in cemeteries.

But still the deals between the Resurrection Men – "burkers" – and the hospitals held firm.

So, when Bishop and May presented the corpse at the Strand school and demanded 12 guineas, it was not an unusual transaction.

And although the fresh state of the body alarmed anatomist Richard Partridge, he still handed over eight guineas.

However, his suspicions grew and he alerted police. A coroners jury offered a verdict of murder with Bishop,



Resurrectionists, an illustration by Phiz

The Burkers of East End finally met a fitting end



Joseph Towne wax model created for the 1851 Great Exhibition
Below, a dissected skull

Williams and May the prime suspects.

On 19 November, Supt Joseph Sadler Thomas searched the cottages at Nova Scotia Gardens and found clothing in a well and one of the privies. Not just from the so-called Italian boy (believed to have been Carlo Ferrari) but from multiple murders.

Bishop, 33, Williams, 26, and May, 30, were all found guilty of related crimes.

Before sentence was passed Bishop admitted that the Italian boy was, in fact, from Lincolnshire on his way to Smithfield. He had been drugged with rum and laudanum and when he lost consciousness he was pitched into a well to drown.

They also

admitted to the murder of Frances Pigburn and her child who were sleeping rough in Shoreditch, and a boy named Cunningham. Williams and Bishop admitted to stealing up to 1,000 bodies over 12 years.

They were hanged at Newgate on December 5, 1831, before a crowd of 30,000 with May respited because he had no knowledge of the murders.

The case of the "Italian boy" was one of the drivers of the Anatomy Act of 1832 which tried to put the Resurrection Men out of business by providing "unclaimed" bodies for dissection.

In the 100 years following the Act 99.5% of the 5,700 corpses delivered came from workhouses, asylums and hospitals. The poor paid the price but the Resurrection Men were out of business.

These days, 1,000 bodies are needed a year. They are provided mostly by donors but, still, demand outstrips supply.

And the bodies of May and Williams? They were removed the same night – for dissection.

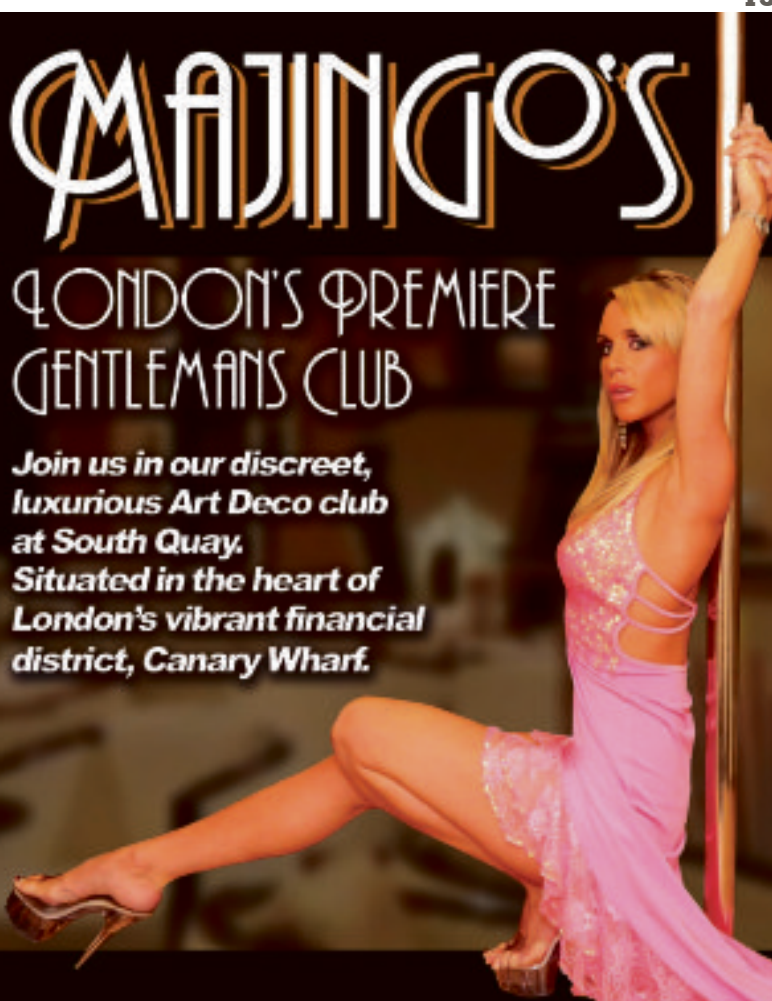
Doctors, Dissection And Resurrection Men at the Museum of London has a late-night showing on October 31. Go to museumoflondon.org.uk.



MAJINGO'S

LONDON'S PREMIERE GENTLEMANS CLUB

Join us in our discreet,
luxurious Art Deco club
at South Quay.
Situated in the heart of
London's vibrant financial
district, Canary Wharf.



PROMOTIONS

- EVERY MONDAY 'THE THREE TENNERS'
- EVERY TUESDAY 'PLAYERS PACKAGE'
SPECIAL PRICE £50.00 (normal price £80.00)
- EVERY WEDNESDAY 'LINGERIE NIGHT'
- EVERY THURSDAY 'WHARF FRIDAY'
- EVERY FRIDAY 'WEEKEND PARTY TIME'

For more information visit the new Majingos website www.majingos.net
e: linda@majingos.net

t: 0207 531 6060 (Call between 10am-3pm)

m: 07890 207642 (Call between 3pm-3am)

187 Marsh Wall | South Quay
London E14 9SH

Find us on Google Maps



Directions - Canary Wharf Tube (8 Minutes) - Exit left out of Canary Wharf tube station and walk through the Jubilee Place Atrium to the bridge. Walk over the bridge and turn left, walk along the waterside for 300 metres and you will see the signs for Majingos on the right-hand side.



COPYCAT

gangnam style

With Psy's hit dominating the global airwaves, **Beth Allcock** finds inspiration from what UN Secretary General Ban Ki-Moon calls a force for world peace

STRUT WEAR

Black and white leather lace-up brogues, £79.95. gucinari.co.uk.



SHINE OUT

Stars knitwear top, £285 vivienne-westwood.co.uk



ROCK WRISTWEAR

Kissika unisex sterling silver skull bracelet, £119.95 whatsabouttown.com



K-POP BLING

Stud rock statement cuff, £7 uk.accessorize.com



RE:SPA REVIEW

Pomegranate-based treatment left me glowing in the rain, writes **Beth Allcock**

I'm not a betting girl. If you'd have told me I'd spend an evening strolling through Canary Wharf, bare-faced, I'd have wagered my house you were mistaken.

But, on a dreary home-time trek to the DLR, it was my fresh-faced, glowing and, yes, make-up free visage that shone through the teeming rain.

Gone was the face of foundation, the attempt at an au-naturel blush and mascara-clad eyes. In its place, pomegranate-induced radiance.

And all this was courtesy of a 30-minute Pom-power pore cleansing facial in the ReSpa express treatment room at Reebok Sports Club, in Canada Square.

As soon as you arrive at its relaxing reception, you can put all thoughts of a stressful working day to the back of your mind.

And while lying on the treatment table, the plushness of the surroundings and calmness of the setting notch that tranquil state of mind even further up the scale.

After explaining my treatment, which was billed as "a little bit of a pick-me-up" for all skin types, beauty therapist Nayle McGregor worked her magic with a splash of glamour.

The salon uses products from Los Angeles-based Dr Murad, a special guest at its opening earlier this year.

And to start the treatment – accompanied by a classical soundtrack which, in my ultra-relaxed state, I imagined to be the music of the jungle – a cleanser was used on my eyes, lips and skin.

The product is designed to unblock and lift off dead skin cells and was swiftly followed up by a toner and the star of the show – the pomegranate exfoliating mask.

Before the treatment, Nayle said using pomegranate in a product was beneficial because of its anti-inflammatory properties that combat those tricky red blotches, while also brightening and exfoliating the skin. And by



Facial g state in

that stage in the 25-minute wonder, I guarantee you'll feel as far away from Canary Wharf as your imagination takes you.

A neck and face massage formed the next stage in the indulgent session, which was brought to an end after the mask was removed and replaced with moisturising cream and a soothing serum including Vitamin C and protection against the sun for good measure. Inspecting

KITCHEN ESSENTIAL

Forget the arduous task of peeling pomegranates and get straight onto concocting your favourite smoothies and face packs with this clever new device.

The Orange X Olympus Citrus Juicer, priced at £139, can speedily slice in half fruit and press out all the juice, using a powerful system that doesn't need electric and squeezes out every last drop of flavour.

The stainless steel plates also prevent any pith from sneaking through and spoiling the juice's taste.

A mini-version of the equipment is available for £109.

Go to ukjuicers.com for more information.

DIRECTIONS

To create the perfect juice blend prepare two pomegranates, sliced into halves, as well as two oranges, also cut into two pieces each.

Place in the citrus press one at a time and squeeze.





The Re:Spa Pom-power pore facial treatment includes a neck and face massage while you're waiting for the fruit-based mask to take effect

Generates a peaceful the mind and body

W How did I feel afterwards?
 "My skin's natural glow and brightness shone through, a positive feeling."

the results in the salon mirror, I was pleasantly surprised.

My skin felt much lighter, more toned and de-clogged, something I

thought was all the more impressive considering I'd exfoliated with my favourite scrub just a couple of days before.

After removing the layer of make-up my skin's natural glow and brightness shone through, a positive feeling that was mirrored by my relaxed state-of-mind.

Lasting just half-an-hour, the super-effective facial is an ideal excuse to treat yourself while spending a

portion of your lunch break away from the computer screen, all at a purse-friendly price.

■ Pom-power pore cleansing facial at the Re:Spa Express, Canary Wharf. £39. There is a five per cent surcharge for non-members. To book call 0844 558 1329 or email spa@reebokclub.co.uk.

Our verdict

A de-clogging marvel
 ★★★★★☆

TRY IT AT HOME

A little short of cash? Why not swap the salon for the comfort of your own bathroom and create the perfect Pomegranate scrub at home. Bursting with antioxidants, the fruit also acts as a natural toner, making it perfect for do-it-yourself skincare. Have a go at this recipe, courtesy of beautylish.com:

INGREDIENTS

Two tbs of avocado oil
 Two tbs of brown sugar
 Two tbs of honey
 One tbs of pomegranate seeds
 One tsp of orange peel

METHOD

Combine all ingredients in a bowl and mix. Apply the mixture onto your body in the shower and gently scrub for one or two minutes. Rinse with warm water.



Buy pomegranates and use this recipe to make your own budget facial scrub



FITNESS WITH LAURA WILLIAMS

Get the look: Daniel Craig

As *Skyfall* arrives in UK cinemas, so does Daniel Craig's six-pack. Yes, it's back, and better than ever.

How he does it: Daniel trained with fitness guru Simon Waterson, who said: "I still can't believe the physical changes he achieved."

"It just shows that with willpower and dedication you can do anything."

"The workouts I created for Daniel were a blend of power lifting, with a lot of compound exercises thrown in."

"This allows you to work out extremely hard with heavy weights, and because it's so intense the heart rate is elevated."

Do it for yourself: As compound moves target multiple muscle groups at the same time, they're a good way to get a time-efficient workout.

Many people also find that concentrating on compound moves enables them to reach their goals faster than if you concentrate on isolation (single joint) exercises.

This could be due to the fact that most of our everyday movements such as sitting and standing involve the use of multiple muscle groups.

You can work on compound exercises either at home or in the gym.

If you are in the gym, the best compound exercises include the bent over row, lat pulldown, bench press, leg press and deadlifts.

Good compound exercises that you can do using just your own body weight include the press up, pull up squats and even the squat thrust.



Daniel Craig starts in *Skyfall*, which is out on Friday

Q&A

I've been working out religiously for four weeks and have seen no change. Why?

Trust me – your muscles, joints, cardiovascular system and lots of other bits will have noticed the difference.

I would suggest two things at this stage. Firstly make sure

you're gauging your progress in different ways; don't just rely on the scales.

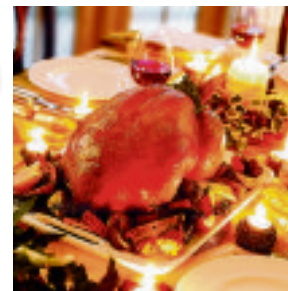
You could try measuring body fat, heart rate, flexibility and even try a fitness test or two. Then run through these in another month.

Secondly, I would check you're doing enough to achieve results for weight loss. This includes keeping a close eye on your diet and making sure you're not eating to compensate for the exercise. If you're after fitness and strength gains, are you challenging yourself enough?

TOP tips

Obey the 20-minute rule: The amount of time it takes for the brain to get the "I'm full" message varies from person to person, but if you want to lose weight, give it 20 before going back for seconds.

Go to laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter



GETTY

Food

RECIPE

Kedgeree made with Billingsgate haddock



Kedgeree was introduced in Victorian times and proved popular

The classic kedgeree we serve at The Gun uses smoked haddock sold nearby at Billingsgate Market. This Anglo-Indian hybrid proved popular when it was introduced in Victorian times and to this day makes a hearty brunch or satisfying supper. Cooking time: 30 minutes

INGREDIENTS

2½ onions, finely chopped
55g butter
300g basmati rice
1 tsp madras curry powder
200ml milk
110ml double cream
250ml water
300g naturally smoked haddock, bones removed and flesh cut into chunks
100g fresh or frozen peas
Sea salt and cracked black pepper
3 soft-boiled quails eggs, shelled and halved
Fresh parsley

METHOD

Cook the onion gently in the butter for a few minutes, then add the uncooked rice.

Continue cooking gently until the grains are coated, then stir in the curry powder.

After a few minutes add the milk, cream and water.

When the mixture begins to simmer, add the fish and continue simmering, stirring occasionally, until the rice is nearly cooked – this should take 10-12 minutes.

You may need to add a little water if the mixture becomes dry.

Add the fresh or frozen peas to the rice mixture and continue to cook for five minutes or until the rice is completely cooked.

Meanwhile cook the quail eggs in boiling water for two minutes, shell and set to one side.

Season the kedgeree, stir and serve with the soft boiled quails eggs on top and a few sprigs of fresh parsley.

This recipe comes from Mark Fines, head chef at The Gun, 27 Coldharbour, Docklands, London, E14 9NS
020 7515 5222
thegundocklands.com

Why you shouldn't be scared of trying a plate of oysters

OYSTER SPECIAL

Supplier says risk is minimal thanks to modern techniques

Rob.Virtue
@wharf.co.uk

Whether you eat them in the bath like Casanova or prefer them on ice with a dash of Tabasco sauce, oysters are all the fashion – just ask the Wright Brothers.

It was a decade ago that Robin Hancock and Ben Wright set up their business distributing the shellfish. They run the Oyster and Porterhouse in Borough Market and deliver to Wharf hotspots such as Boisdale and The Gun.

"We set out to change the perception of oysters being a niche food for the champagne St James crowd," said Robin.

"We haven't seen a downturn in sales even in the last couple of years. Our business has been growing in line with before the recession."

That change in perception was achieved by educating the customers – the businesses – allowing them to pass that on while offering the product to their clientele.

"We started off by bringing in some oysters from France and UK and set about teaching chefs and front-of-house staff by explaining the differences between oysters from different regions. They look and taste completely different, much like wines."



Ben Wright, left, and Robin Hancock of Wright Brothers enjoy some oysters

BOISDALE Oyster Championship Cabot Place East



A judge scrutinises one of the contestants at the championships

Last week, food experts visited Boisdale of Canary Wharf to vote in its annual oyster championships.

The winner in the native category was the Whitstable Oyster, while in the rock category, Cumbrae Oysters were victorious.

Variables of water temperature, exposure to the sun, and how much freshwater is going into the system all affect the taste.

The firm said its customer-base had broadened and more venues were stocking the shellfish.

"Most people have them as a starter but some as a main," said Robin. "I've seen someone eat 72 in one sitting at our restaurant which isn't a record but it's still some number."

"Could you have them for breakfast? Some do. Casanova used to eat 40 in the bath with his lover each morning."

However, there is still a pervasive fear among many that eating oysters could make you ill.

While there was a small risk with eating any raw foods, this was further reduced by buying from a "reputable source", said Robin.

They should use rigorous processes, which include passing up to 10 litres of water an hour through each oyster in a closed loop system with ultra-violet tubes to kill off any e-coli.

"The days of people being lazy about food hygiene are something of the past," said Robin. "We've stringent measures in place to make sure you get a safe product."

All Wright Brothers oysters are pressurised for 48 hours and then go through an ultra-violet flow system to destroy bacteria. And there are other techniques post-treatment to ensure you're eating the best.

"Keep them cold and it's important to sit them a cup shell bottom and flat part top," said Robin. "When you open it, you should see a glistening shine, if not, then it might be one to leave."

Go to thewrightbrothers.co.uk

tasting notes

SPREAD EAGLE

Wholesome and full festive menu

★ Inc Group snug The Spread Eagle unveiled its Christmas menu last week at an event aimed at raising cash for neighbour Greenwich Theatre.

Comforting staples, including Jerusalem artichoke soup, trout and, of course, the inevitable turkey plus trimmings (the brussels sprouts were surprisingly delicious), provided the theme, at a venue that's been recently refreshed.

Not bad for £35 for three courses.

Go to spreadeaglerestaurant.co.uk.



BYRON

Movember will get you burgers

★ Those sporting trendy taches for charity this month will find their efforts rewarded at burger restaurant Byron.

The chain, which has a branch in Cabot Place East, is offering one free hamburger every day to those who have grown a moustache and raised £25 or more for Movember, between November 7 and 20.

The free burger offer will run from 3pm to 6pm and excludes take-out.

To sign up email movember@byronhamburgers.com.

LOUISA EMERY

HOW TO EAT

RULE of thumb is that Oysters are good to eat in any month that has an R in it. The introduction of foreign species to British waters means you will be able to find them on the market all year round. The fresher, the better. Best served on ice.

Once shucked (detached from its shell), take the shell in hand, bring the wide end to your mouth and tilt. Experts suggest one to two chews to release the full flavour.

Purists would disagree, but don't hesitate to add lemon juice, shallot vinegar, Tabasco or seasoning to make them more to your taste.

Baker eyes contracts with big businesses

An innovative bakery business is hoping to transform the muffin world.

Sailey Jallow's east London business Mayla offers goods that differ from the usual fare offered at most outlets.

She said: "The muffin is sold in the form of a frozen batter, which sits in a foil case. You put it on a tray and cook them in the oven for 20 minutes and they are done."

"When I had a bakery I used to supply freshly baked muffins and realised a lot of coffee shops and convenience stores would get muffins fully baked and then frozen before being defrosted. My muffins are fresher, and are light, soft and fluffy every time."

The muffins come in flavours such as apple and cinnamon, apricot, vanilla, chocolate, cherry or multi-grain and cost around £14.40 for a case of 24.



Mayla's muffins come in a range of flavours

The business is based in an industrial estate near to the Pudding Mill Lane DLR station after Sailey decided to take it wholesale.

Before that she had a retail outlet at Westferry Road but competition from the likes of Tesco made life tough for her independent business.

Mayla already provides goods to the likes of Budgens, Londis and Greenwich University and is now hoping to crack the Canary Wharf market.

"Investment would be fantastic to help us expand but what I really want is new business," she said. "Especially big companies to give me a chance to supply to them."

"If I had an order in principle I could go to the bank and secure more funding."

"So get in contact if you would like to try my products."

Go to mayla.co.uk for more information.

Rob Virtue

HISTORY

THE ROMANS started the shellfish bandwagon rolling in 43AD and exported British oysters to all corners of the Empire.

Cookery books from the period suggested eating oysters with olive oil, pepper, wine, egg yolk and vinegar.

They were so popular in Victorian London that they were almost driven to extinction. A very fashionable variety were green oysters, which were buried in saltmarsh pits with algae for eight weeks turning their shells a deep green colour.

Oysters' most embarrassing social faux pas must be when a contaminated batch was served at a mayoral banquet in 1902.

Several guests, including the Dean of Winchester, died from typhoid as a result. Nothing to worry about now though – the culprit was a sewage pipe found to run into an oyster-bed, which has thankfully now been removed.

NATIVE OYSTERS

■ **The Duchy of Cornwall:** Firm and meaty with a coppery, sweet aftertaste, served at Boisdale.

■ **Frenchman's Creek:** Plump bodies with a dark and nutty flavour.

■ **Wild Colchester Rocks:** Creamy texture with a strong hint of salted butter. Smells just like the sea.

■ **West Mersea Natives:** Silky with a faint nose of seaweed and a fine blend of salt and sweet.

■ **Carlingford Lough:** Served at Wright Brothers in Soho, Robust, taste of zinc and a cucumber aftertaste.

■ **Malden Rocks:** Smooth texture. Hints of avocado and walnut. Sweet aftertaste.

■ **Lindisfarne:** another option at Wright Brothers, very silky texture with a hint of sea breeze. Delicate flavours of melon and butter.

EAT LOCALLY**The Gun**

Blackwall

★ Serves Colchester Rocks; six on ice for £13.50, 18 for £36 and Duchy Natives; six on ice for £14.50 and 18 for £42.

Nearest Transport: Blackwall DLR, South Quay DLR
Go to thegundocklands.com.

Waitrose

Canada Place

★ Showcasing produce available in store. Seating at the bar. Head Chef Simon Tully has worked at the Ritz and the House of Lords. Six Scottish rock oysters cost £8.50.

Nearest Transport: Canary Wharf Tube.
Go to waitrose.com.

Boisdale

Cabot Place East

★ Serves Duchy of Cornwall Natives, Dorset Rocks and Isle of Cumbrae Rocks by the dozen and half dozen. Prices range from £14.50 to £32.50. Nearest Transport: Canary Wharf DLR station.
Go to boisdale.co.uk.

THE CAT & CANARY BOOK TODAY AND HAVE A MERRY CHRISTMAS



25-27 FISHERMAN'S WALK, BUILDING FC2,
CANARY WHARF, LONDON, E14 4DH

TEL: 020 7512 9187 EMAIL: CATANDCANARY@FULLERS.CO.UK

WLTm

Kick-start your love life with The Wharf's own dating service

Place an ad

By Phone


call FREE on
0800 151 3412

call using your MOBILE
0333 313 4458
(You will get charged your standard network rate)

If you have a **photo** you're 6 times more likely to get responses! Simply text your solo picture along with your 6 digit mailbox number (space) 4 digit pin number under your photo, to 0779 366 6363. Or send by email to: support@jmediauk.co.uk with your Mailbox & pin number.

For **message collection** call
0906 500 3731
Calls cost £1.53 per min.

Get Photos!

Ads with a  symbol have a photo of the advertiser.

Simply text **PIX042(space)**the advertisers mailbox number, & send to **88833***For Help call **0844 800 1188** Mon - Fri 9 to 5 or email us at support@jmediauk.co.uk


Replying to ads

By Phone

call
0906 500 3729

Follow the simple instructions and reply to an advertiser today, £1.53 per min.

By Text

To ads with a  symbol, text **WHARF** followed by the box number of the advertiser you wish to respond to & send to **78850*** eg **WHARF(space)123456(space)**Hi saw your ad would like 2 know more about u. Then send to 78850. It's that easy! (£1.50 per message sent)

BROWSE ADS

Browse through all ads incl. NEW advertisers! Hear new ads before they appear in the paper!


Call: **0906 500 3729***

CUSTOMER SUPPORT


For Help Call **0844 800 1188**
Mon - Fri 9 to 5 or email us at support@jmediauk.co.uk

Women seeking men

Gays Text n' Chat. Text in now and chat to local people.
Send : CHATUP018 To : 65125 (T&C's below)

TALL slim, early 60's, mature, loving, caring, seeks white male, single, mature for friendship, maybe more. Tel No: 0906 500 3729 Box No: 398305 


ASIAN lady, 64, young looking, kind, honest, caring, good looking, tall, seeks male. Tel No: 0906 500 3729 Box No: 398275

ANN slim blonde, educated, worldly travelled, loves to live and enjoy life to the full, no preconceived expectations just looking for someone nice. Tel No: 0906 500 3729 Box No: 397559 

GWEN Lovely blue eyed brunette, recently new to the market and looking for some much needed male attention, 35-50yrs. Status unimportant. Tel No: 0906 500 3729 Box No: 397493 


FULL enjoyed West Indian female, 45, 5ft 8ins, figures TV, music, animals and more, seeks tall West Indian guy, 38-55 for relationship. Tel No: 0906 500 3729 Box No: 397093

GEM black 58, caring, down to earth, size 16-18, likes most things, homely, seeks caring male, 55-60 for friendship. Tel No: 0906 500 3729 Box No: 393727

CARRIE 38 curvaceous full figured lady, single mum to one and very lonely, WLTm appreciative male for a fun social drink hopefully leading to more. Tel No: 0906 500 3729 Box No: 397585 

ADELE 23yr old young looking blue eyed brunette, size 10, busty, seeking tall male up to 38yrs for fun texts and flirty dates. Tel No: 0906 500 3729 Box No: 397457 

JACKIE 32 attractive classy professional, blue eyes, brown hair, healthy/trim, well travelled, feminine, smart, seeks male, 40-50yrs. Tel No: 0906 500 3729 Box No: 391013 


52YR old single mum, likes car boots, seaside, walks, TV, N/S, seeking white male, 40's, easygoing, laidback for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397959 

BRITISH lady, 44, 5ft 2ins, slim, kind, caring, loyal, seeks tall, good looking white guy, 42-48 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397833


ATTRACTIVE lady, long blonde hair, blue eyes, GSOH, likes meals out, cinema, picnics, football, home life, seeks attractive, N/S, slim-medium build male, 58-62. Tel No: 0906 500 3729 Box No: 323633


SLIM blonde female, likes football, meals out, cinema, seeks nice looking male, slim-medium build, N/S, 58-62 with GSOH. Tel No: 0906 500 3729 Box No: 320009

FEMALE likes picnics, bowling, cinema, restaurants, seeks attractive man, 58-62. Tel No: 0906 500 3729 Box No: 371961

CONFIDENT fun female bored of spending time alone, looking for fun man to share lots of laughs and good times. Tel No: 0906 500 3729 Box No: 370177 

SLIM attractive lady, young in mind and looks, seeks N/S man, 59-64 with GSOH. Tel No: 0906 500 3729 Box No: 393057


LYNDA very attractive attached female, own transport and willing to travel, seeking similar natured male for extra circular activities. Must be discreet. Tel No: 0906 500 3729 Box No: 386653 

KAT 37, slim build and active looking for male 30-45yrs for easygoing discreet friendship with benefits. Tel No: 0906 500 3729 Box No: 397403 

SHARON slim size 10 blonde, horsy, loves nights out, looking for new adventures with tall, dark, fit considerate male to look after. Tel No: 0906 500 3729 Box No: 397395 

STACY 39, green eyes, blonde hair, toned body, looking for genuine loving male to enjoy good times in or out and to fall in love with. Tel No: 0906 500 3729 Box No: 397495 

FEMALE seeking loving, kind, romantic, trustworthy male with good personality. Tel No: 0906 500 3729 Box No: 397737 

JACKIE 5ft 3ins, medium build, arthritis, church goer, seeking Christian male, mixed race for companionship. Tel No: 0906 500 3729 Box No: 395585 

CARIBBEAN lady, genuine, polite, friendly, family orientated, caring and understanding, seeking white male, 45-55 for relationship. Tel No: 0906 500 3729 Box No: 397605 

GENUINE professional black female, 40yrs, 5ft 7ins, size 12, seeks educated, professional, affectionate well spoken white male 35-50yrs. Tel No: 0906 500 3729 Box No: 389699 

JULIE 5ft 8ins, 48, cuddly, seeks male with similar interests. Tel No: 0906 500 3729 Box No: 397533 

64YR old N/S female, 5ft 5ins, dark hair/eyes, medium build, divorced, seeks male. Tel No: 0906 500 3729 Box No: 397539

KIND understanding widow, 66, N/S, non drinker. WLTm kind. Jewish gent for friendship etc. Tel No: 0906 500 3729 Box No: 397227

SUZANNE 35, beautiful blonde, seeks discreet male for chats and a relaxing glass of wine anytime. ACA, status unimportant. Tel No: 0906 500 3729 Box No: 342527 

BRIGHT bubbly, curvy blonde, bit of a romantic, seeks loving male to share the fun loving side of life with. Looks unimportant. Tel No: 0906 500 3729 Box No: 338461 

DONNA 24yr old single nurse, curvy, pretty, brown hair, big eyes, single and fun to be with, WLTm mature male for romance 25-45yrs. Tel No: 0906 500 3729 Box No: 391117 

STUNNING vivacious female, long blonde hair, lovely legs, slim, loves motorbikes, seeks tall, hunky male for a wild and passionate relationship. Tel No: 0906 500 3729 Box No: 370348 

VANESSA attractive, glamorous black lady, 5ft 6ins, curvy size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. Tel No: 0906 500 3729 Box No: 387184 

YOUNG at heart 61yr old female, varied interests, likes music, dancing, pubs, meals out, theatre, seeks kind, caring, reliable man for friendship and more. Tel No: 0906 500 3729 Box No: 396781 

58YR old female, 5ft 2ins, black, bubbly, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 396609 

BLACK lady, looking for male for relationship. Tel No: 0906 500 3729 Box No: 396139


YOUNG at heart 61yr old female, varied interests, likes music, dancing, pubs, meals out, theatre, seeks kind, caring, reliable man for friendship and more. Tel No: 0906 500 3729 Box No: 396069

Found Love?

Our editors would love to hear your success story, email or post it to us (a photo would be nice too!) and we will send you a gift voucher to say thanks!

email:
support@jmediauk.co.uk
mail to: JMedia UK Ltd,
SW4 7BX

MAXINE 46, 5ft 8ins, slim, outgoing, bubbly, GSOH, looking for good times, cinema, meals out etc. Tel No: 0906 500 3729 Box No: 392512

BLACK lady, bubbly, friendly, kind, black hair, brown eyes, seeks Irish male to love and care for me. Tel No: 0906 500 3729 Box No: 394767 

FEMALE 25, professional, likes nights out, socialising, seeks male. Tel No: 0906 500 3729 Box No: 360961

ATTRACTIVE mature, outgoing Caribbean female, seeks interesting companion for socialising, good conversation and glass of wine. Tel No: 0906 500 3729 Box No: 367799

CURVY lady, size 18, 52, seeks honest, decent male, 40-50 for lasting relationship. Tel No: 0906 500 3729 Box No: 387343 

ATTRACTIVE Capricorn female, good sense of humour, mid 40's, N/S, likes most things, cinema, meals out, pubs, looking for genuine N/S white male for friendship maybe more. Tel No: 0906 500 3729 Box No: 334685 


BUSTY young at heart female, 60, 5ft 6ins, dark hair, hazel eyes, N/S, likes music, travel, meals out, coast, GSOH, seeks tall, caring male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393279

SRI Lankan female, attractive, kind, many interests, seeks British white male, 35-40, kind, honest and caring for LTR. Tel No: 0906 500 3729 Box No: 393219

GEMMA early 60's, slim, blonde, blue eyes, seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393105 

BEAUTY 21, seeking older, solvent gent 70 plus for friendship/relationship. Tel No: 0906 500 3729 Box No: 392697


38YR old attractive female, likes swimming, seeking British, professional, handsome male for serious relationship. Tel No: 0906 500 3729 Box No: 391758 


LINDA bubbly 62yr old, attractive, seeks gent for meals out, good times and maybe more. Tel No: 0906 500 3729 Box No: 392053 

AMELIA 54, loving, caring, seeking similar male with GSOH. Tel No: 0906 500 3729 Box No: 391643

YOUNG looking 43yr old white female, dark hair, blue eyes, attractive, sensual, size 14, shapely, curvy, 5ft 6ins, artistic, seeking male, 23-73 for discreet fun. Tel No: 0906 500 3729 Box No: 391255

51YR old female, brown hair/eyes, GSOH, seeking genuine guy for love and romance. Tel No: 0906 500 3729 Box No: 390615

PATRICIA outgoing, confident, feminine, warm, friendly, smart, good company, attractive, seeks similar male. Tel No: 0906 500 3729 Box No: 347215 

ATTRACTIVE black female, likes keep fit, travel, cinema, socialising, seeks honest genuine male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 389547 

WIDOW needing company, sociable, outgoing, 75, taken for 65, feeling 55, 5ft 7ins, elegant, likes dancing, seaside, coach holidays, animals, theatre. Tel No: 0906 500 3729 Box No: 389423 

FEMALE 62, looking for genuine, sincere, kind gent, 60-70 for LTR. Tel No: 0906 500 3729 Box No: 386685 

EDNA black lady, 58, seeks male for friendship. Tel No: 0906 500 3729 Box No: 396883


Men seeking women

Ladies Text n' Chat. Text in now and chat to local people.
Send : CHATUP042 To : 65125 (T&C's below)

ACTOR/ARTISTS model, 66, looks mid 50's, seeks friendly, saucy lady for fun times. Tel No: 0906 500 3729 Box No: 398389

JULIAN seeks honest female for good times in and out. Tel No: 0906 500 3729 Box No: 398355 

BLACK male, 49, bubbly, WLTm buxom, pear shaped, rubinesque, voluptuous white female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 398279

DIVORCED dad 53, caring, sensitive, likes pubs, meals out, walks, seeks someone to enjoy life with, chat on the phone. Central London. Tel No: 0906 500 3729 Box No: 398107 

ACTIVE fit, presentable, caring male, N/S, 68, likes walks, music, places of interest, seeks positive, slim, feminine lady, 60's for companionship plus. Tel No: 0906 500 3729 Box No: 398353

BUILDER 42, tall, good looking, GSOH, kind, considerate, seeks female for relationship. Tel No: 0906 500 3729 Box No: 398315

HANDSOME male, 43, 5ft 9ins, likes dancing, outings, night's in, seeks female to love and cherish for good times. Tel No: 0906 500 3729 Box No: 383009

ATTRACTIVE blond, blue eyed male, 48, genuine, sincere, HIV positive, fun loving, OHAC, GSOH, seeks sincere, fun loving Oriental/black/Asian female. Tel No: 0906 500 3729 Box No: 396989 

BUILDER 43, tall, good looking, GSOH, kind, considerate, easygoing, seeks lady. Tel No: 0906 500 3729 Box No: 398025

42YR old male, 5ft 7ins, handsome, black, looking for big girl, size 12-18, age 42 max, 5ft 9ins max, afro Caribbean/black/mixed race or Mediterranean. Tel No: 0906 500 3729 Box No: 397987 

SEEKING my dream girl. 50 plus female, N/S, petite/medium build/buxom, freckled natural red/auburn haired beauty for fun and games with Chris 5ft 7ins, medium build, N/S male. Tel No: 0906 500 3729 Box No: 392592 


HONEST male, 46, 5ft 6ins, brown hair, green eyes, medium build, easygoing, seeks nice lady, 40-60 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397657 

ATTRACTIVE male, 50, looks younger, seeks female, 18 plus for LTR and more. Tel No: 0906 500 3729 Box No: 397943


JOHN widower, 5ft 7ins, medium build, likes meals out, holidays, sports, seeking female, 65-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397843

MARK looking for large lady, size 22 plus, aged 40 plus for fun and good times. Tel No: 0906 500 3729 Box No: 397217

YOUNG 64yr old male, 5ft 10ins, medium build, brown hair, green eyes, fit, enjoy most things, tactile, loving, seeks female. Tel No: 0906 500 3729 Box No: 395351 

GARY 48, white, medium build, GSOH, likes a laugh, seeks female, 45-55 with GSOH for LTR. Tel No: 0906 500 3729 Box No: 390867 

MALE seeking blonde female, 24-28 with nice figure for fun times. Tel No: 0906 500 3729 Box No: 393274

STEVE 48, divorced, likes sports, drinking, meals out, cinema, seeking female of similar age. Tel No: 0906 500 3729 Box No: 392916 

MALE 63, young at heart, affectionate, likes dancing, meals out, sport, music, movies, nights in, cooking, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 347779


LOVABLE Cockney male, 66, easygoing, GSOH, seeks female, 55 plus for friendship, maybe more. Tel No: 0906 500 3729 Box No: 397811 

KIND pleasant, smart guy, 64, 5ft 9ins, N/S, likes animals, travel, GSOH, seeks slim, attractive, caring lady for dates and travel. Tel No: 0906 500 3729 Box No: 397803 

CARING romantic, retired, professional male, 76, loves travel, music, meals out, looking for lady for company and LTR. Tel No: 0906 500 3729 Box No: 397755

MALE 65, 6ft, GSOH, easygoing, seeks female, 55 plus for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395269

WHITE male, 38, good build, seeks female, 25-45 for lasting LTR. Tel No: 0906 500 3729 Box No: 394043


NICE looking, fit white male, 48, 6ft, seeks slim, attractive black female, 35-48 for friendship/relationship. Tel No: 0906 500 3729 Box No: 367111 

ATTRACTIVE white male, good build, 38, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 392895

GOING to waste. Nice guy young 65, 5ft 9ins, N/S, likes life, travel, seeks younger, slim, lively, smart female for romance. Tel No: 0906 500 3729 Box No: 380987

WHITE male, 5ft 7ins, 46, medium build, brown hair, green eyes, honest, caring, seeks female, 42-65 for lasting relationship. Tel No: 0906 500 3729 Box No: 397749 

DAVID 46, British born, fit, enjoy meeting new people, seeks female. Tel No: 0906 500 3729 Box No: 397725

DANNY 49, looking for attention and affection both ways. Tel No: 0906 500 3729 Box No: 397689 

WORKING gent, 60's, GSOH, helpful, friendly, seeks white lady, 50-75 for meets, meals out etc. Tel No: 0906 500 3729 Box No: 397327 

Men seeking men

SEXY TV, seeking male for first time fun. Tel No: 0906 500 3729 Box No: 398195 

ATTRACTIVE guy, CD, seeks similar for friendship/relationship. Tel No: 0906 500 3729 Box No: 393322 

TEXT: CHATUP042  **CHAT**

Travel

New luxury boutique tailors travel with style

OPENING

Beth.Allcock
@wharf.co.uk

A luxury boutique in the heart of the capital is offering customers the chance to immerse themselves in every aspect of their tailor-made travel experience.

Leading travel company Abercrombie and Kent opened the doors to its flagship Cheapside store for the first time on Monday.

Vacation-hunters can enjoy a drink at the Sundowner bar before perusing the selection of vintage canvas maps to pinpoint their destination.

From there, travel curators are on-hand to illustrate the variety of experiences available in any given location as well as the best places to stay with the help of iPad devices, with customers also able to chat to one of the company's 2,300 staff worldwide to gain expert knowledge about their bespoke travel package.



Handcrafted furniture by Timothy Oulton and seating by Tom Dixon

Geoffrey Kent, founder, chairman and CEO of Abercrombie and Kent, said: "One of my problems with this company since I founded it 50 years ago was that I always wished we had been a Bentley – you can feel the seats and try it out."

"We wanted people to try out Abercrombie and Kent when they are thinking of booking and this is the first time you can get in the driving seat and feel it."

One such example is with the company's offerings in South Africa, where budding travellers can choose to book a session with chef Bruce Robertson at his Cape Town home.

And for those who crave solidarity and a complete escape from the outside world, the Geoffrey Kent Collection could meet all your vacation needs, with villa packages including skiing, beach and golf holidays.

Geoffrey added: "When you're travelling you want to feel safe and secure."

"If you just book it off the internet anything can go wrong and there's no-one to call. Here there is always someone to call."

The store's lower level houses the Nomad Travel Clinic.

Due to open in early December, it is a one-stop shop for a same-day vaccination service as well as providing clothing and equipment for all adventures.

Abercrombie and Kent, 82 Cheapside, EC2V 6EB. Go to abercrombiekent.co.uk.



Geoffrey Kent opens his new Cheapside branch

TRAVEL TRAWL

Bargains, deals, news, ideas

DEAL Food lovers are being tempted to Jersey for a Michelin experience.

Blue Islands, which flies from London City Airport, has teamed up with Luxury Jersey Hotels to offer dinner in three top restaurants and a three-night stay at one of the island's luxury hotels. Cost is £750 for two and the initiative runs until December 23 before relaunching in February. Go to jerseytravel.com

Deal Of The Week

★ Make a break from gloomy wintry London with a trip to Tenerife this December.

Cordial Resorts is offering a seven-day break at its four star Aparthotel Cordial Golf Plaza for £379 per person.

The offer, which includes a free spa circuit and drinks with your evening meal, has return flights from Gatwick. Go to cordialresortholidays.com

NEW ROUTE Cityjet has announced the launch of a route from London City to Nuremberg. Flights to the German destination will begin on January 27, twice a day with prices starting at £109 return including taxes. Cityjet's chief executive Christine Ourmières said: "Nuremberg is a key business hub in Europe."

Royal borough wants to build on Olympic fervour



Cllr Peter Kotz: Take a three-day stay

NEWS

Greenwich has always seen a steady and healthy flow of tourists over the years. But after this summer's Olympic success, which saw the eyes of the world gaze fondly of the newly christened Royal Borough, as well as the addition of five times as many hotel rooms on the way, the area's administration is hoping it will be a holiday destination rather than just a place for day visits.

Cllr Peter Kotz, the borough's cabinet member for culture and creative industries, said: "We've always been geared to increasing tourism and that has seen the benefit of better transport links."

"There's also been a lot of improvements, such as The O2 and the restoration of the Cutty Sark. We now believe we can encourage visitors to spend two or three days here."

Visitor numbers are currently at 18million a year, worth just a little less than £800million to the local economy.

BOROUGH'S TOP 6

CUTTY SARK

The famous tea clipper, built in 1869, has returned to its pride of place by the river.

THE O2

Welcomes millions each year to its restaurants, bars and shows.

OLD ROYAL NAVAL COLLEGE

Designed by Sir Christopher Wren 300 years ago for use as a hospital.

NATIONAL MARITIME MUSEUM

Deals with Britain's seafaring history and explores the effects of the oceans.

FIREPOWER MUSEUM

Based at Woolwich's Royal Arsenal the museum recounts artillery history.

ELTHAM PALACE

Includes the medieval Great Hall, where Henry VIII would have been educated.

Many in the borough are hoping those figures will go up very quickly.

With the number of hotel rooms rising from just over 400 at the end of 2011 to more than 2,800 at the end of next year, it shows investors are also buying into that idea.

The new hotels include a five-star 452 room AEG development by The O2 and a 251 bed luxury hotel as part of the cruise terminal development, also on the peninsula.

Called Enderby Wharf it will also bring in many more visitors to the area when it opens in 2014.

Cllr Kotz said: "We want a real cross-section of visitors. On cruises we could see a lot of couples but overall Greenwich as a destination would attract a lot of families on short breaks."

Rob Virtue

ACE-FX

BUREAU DE CHANGE

"The UK's leading Travel Money Provider"

The Best Euro Dollar Rates
Over 100 Currencies Available

Order Online for Collection in Store or
NEXT DAY SPECIAL DELIVERY

You are welcome to just call in to any of our branches

Canada Place
Next to Maitreya Food,
Fashion & Home.
Tel: 020 7813 1928

Cabot Place
London E14 4GS
Tel: 020 7799 1212

www.ace-fx.com

ACE-FX.COM

Prepaid Cards **Online Now!**

Euro Card
Dollar Card
Anywhere Card

Foreign Currency made easy.

FREE MONEY

£5 €5 \$5

WHEN YOU BUY £500 WORTH
OF FOREIGN CURRENCY
WITH THIS CARD

What's On

ART

Broadsides!

National Maritime Museum



There were days when the maritime top brass held a role akin to that of the reality television star.

But rather than being papped as they stumbled out of a Soho nightclub, these stars were captured through the medium of caricature.

Broadsides! Caricature and the Navy 1756-1815 runs this winter at the National Maritime Museum.

Expect the pictures to document heroism and corruption from the likes of Nelson and Napoleon.

■ Oct 25-Feb 3, every day from 10am-5pm, free, rmg.co.uk.

STAGE

But I Cd Only Whisper

Arcola



A poetic play will delve deep into issues of stigmatisation and mental illness in the black community as part of its world premiere.

Inspired by the work of poet and playwright Ntozake Shange, *But I Cd Only Whisper* tells the story of black Vietnam veteran Beau Willie Brown, following his arrest by the authorities in '70s America.

Directed by Nadia Latif, the production will be the first to be staged in Arcola's new Studio 2.

■ Oct 31-Dec 1, 8pm. Matinees 3pm.

£16 (£12), arcolatheatre.com.

GIG

Lionel Richie

The O2 arena



Fans of Lionel Richie have waited three years to see the pop star back on European soil.

And for two nights, the singer will entertain his vast fan base at The O2 arena with music which spans 30 years.

The tour was launched to coincide with the release of Richie's latest album, *Tuskegee*. He has also re-recorded 14 of his hits, including *Endless Love*, *Easy* and *Angel*, as duets so expect guest appearances.

■ Oct 28-29, 6.30pm. Tickets from £40, theo2.co.uk.

Fate and favour in rare Miller revival

STAGE

Man Who Had All The Luck

Greenwich Theatre

A little-known treasure penned by Arthur Miller is set to be re-discovered at Greenwich Theatre.

The tale of *The Man Who Had All The Luck* will present audiences with a thought-provoking message centred on the balance between fortune and hard work, courtesy of the Sell A Door Theatre Company.

London-based actress Megan-Elizabeth Pitt, who takes on the role of Hester – the wife of protagonist David Beeves – said it was an exciting opportunity to showcase Miller's 1940 work.

"It is really great to be revisiting this old play," she said.

"When you have spent such a long time going through the text,

you find it's such a wonderful play. We all feel very lucky.

"Previously, I have been playing characters that people know, like Alice and Dorothy, and you can get very hung up on what you have heard about the characters before.

"But most people have never seen anyone do this play, so it was a character I could completely create for myself."

The plot, set over a period of three to four years, tells the story of mechanic David, living a life blessed with good fortune in a mid-west American town in the late '30s.

While happenings go in his favour, including the construction of a highway in front of his shop, he also witnesses the misfortunes that have affected the lives of his loved ones.

"He's obsessed with the idea he is due a big misfortune," said Megan.

"And it gets worse and worse



Megan-Elizabeth Pitt with the cast

throughout the play when he begins to try to encourage this big misfortune to happen.

"The message is that people can get obsessed with thinking their fate is in the hands of someone bigger, or somewhere out there in the stars, when really you just got what you deserve and you get what you have worked for."

The touring production has taken a break from its shows in Scotland to tread the boards at the Crooms Hill venue until November 3.

"It's going absolutely brilliantly," added Megan.

"We have had some great reviews so far and really appreciative audiences."

"It will be amazing to perform in Greenwich now as it's such a lovely theatre."

■ Until Nov 3, from £12.50, greenwichtheatre.org.uk.

Beth Allcock

INTERVIEW

Singer-songwriter reunites with his band and is ready to 'unleash the beast'

Beth Allcock
@wharf.co.uk

When Scott Matthews steps onto the stage at East Wintergarden this month, expect the unexpected.

For the Ivor Novello award-winner likes to keep his live shows as a spontaneous offering, whether he's supporting a global superstar like Robert Plant or headlining at Canary Wharf.

With three albums behind him and some studio time earmarked for next year, the man who calls Wolverhampton home will be reuniting with his bandmates for the one-off gig in a venue he has branded "magic".

"It's just as a musician and performer you always look to play in some really interesting locations and to make your music fit in a certain environment," he said.

"This is no different – it's one of those you look forward to.

"There's nothing quite like being able to make the audience feel connected with your song."

He admits to being caught up in the remnants of the promotion for his most recent offering, *What The Night Delivers*, which was released last month.

And with a penchant for mixing up his setlist as well as the "sonic qualities" of his songs, the Canary Wharf audience can expect subtle differences to the familiar tracks on their well-worn CDs.

"You get the chance as a band to re-work songs," said the singer-songwriter.

"And you get some nights where



Great SCOTT

What reaction are you seeking?

"If I were in the audience sitting watching myself, I think I would say 'this kid has got a good bit of variety going on'."

you say 'sod it', we're just going to do what we feel like tonight.

"The element of surprise is the thing that keeps you on your toes. If I were in the audience sitting watching myself, I think I would say 'this kid has got a good bit of variety going on'."

"There's a diverse sound there. I just try to make it so you don't know what to expect next."

With a sole focus on music, the seasoned performer, who has shared the stage with the likes of the Foo Fighters and Snow Patrol, assured fans his gig would steer away from being a "bells-and-whistles type of thing".

"From where I am from, I'm quite rooted, I'm a Black Country boy," he said.

"There's an honour there and I always try to get that through."

"I don't really do anything wild while I'm on the stage – I just try to let the music speak for itself and the intimacy comes from our performances."

On a more personal note, Scott said the event would be a chance for his supporting band – who are spread across the country from London to Stoke – to reunite on the live stage.

"We are all buzzing," he said. "The text messages between us have started – everyone is ready to unleash the beast."

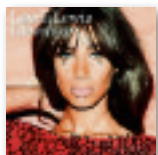
■ East Wintergarden, October 29, 7.45pm. Tickets £17.50, go to ticketweb.co.uk or call 0844 847 2268.



What The Night Delivers by Scott Matthews, left

What's On

MUSIC



Glassheart

Leona Lewis
★★★★☆

It's been almost three years since Hackney's finest produced an album so was it worth the wait? The opening track, *Trouble* featuring US rapper Childish Gambino, suits Lewis well.

After that, things revert to type on many of the ballads here. *Come Alive* and *I To You* are stand-out as the singer lends her outstanding vocals to elements of electro and dubstep, but these are high points and overall, this record is pretty predictable.

Lisa Allen



Red

Taylor Swift
★★★★☆

Taylor Swift emphatically proves she's not merely a fabrication of the gossip columns with her best collection of songs yet.

Her heartbreaks take centre stage as she wears her heart and emotions on her sleeve. If the 22-year-old is not falling for one rascal, she's being unceremoniously being given the brush-off by another.

Aside from the odd trite lyric and length – 16 songs is far too long – *Red* is a resounding success.

Andy Welch

BOOK



First Class

Chris West (Square Peg)
★★★★☆

Subtitled *A History Of Britain In 36 Postage Stamps* historian Chris West sifts through quirky snippets of post office history, alongside the Penny Blacks and commemorative marvels from the Great Exhibition to the Princess Di's death.

History buffs and philatelists may find this book a little light, however overall it is a very enjoyable, charming read.

Liz Ellis

Bond's blond nemesis attacks close to home

SCREEN

Skyfall

(12A) 142mins

The 50th anniversary of this most rewarding of franchises demands a suitably sharp and explosive response.

Skyfall is just such a response. Director Sam Mendes has created a gritty and personal story which has a fair smattering of exotic locations (Shanghai is de rigueur for a blockbuster these days) but is mostly set close to home. Very close to home.

Play Bond bingo with the recognisable locations including, obviously, the District line and, less obviously, the swimming pool above the Four Seasons in Canary Wharf. (Less obviously because its been transposed to China.)

But the geographical location is nothing compared to the proximity of the plot to the heart of the protagonist (simmering Daniel Craig).

The past returns to haunt melancholic M (a peerless Judi Dench) and Bond must track down and destroy the threat before the threat gets there first.

The fact that the threat comes in the form of bitter blond bombshell Silva ups the ante for he is one of the cleverest, slickest, creepiest villains of the canon, with Javier Bardem licking his lips as he gets to create a camp horror straight from Gotham City.

As Bond and M fight a rearguard action against this most formidable of foes (they resort to *Home Alone/A Team* style make-do-and-mend which is always fun if not spectacular) the snarky but affectionate relationship between the matriarch and the bad boy is filled out in sparse and wry exchanges.

All this happens between gloriously OTT action set pieces, captured by imperious director of photography Roger Deakins who shoots acts of destruction like works of art.

"What's going on! Report!" says the glacial M listening in from HQ.

"It's rather hard to explain ma'am," says Bond's sidekick.

And so it is with this Bond which is packed with talking points and plot twists that, by next week, will have set Twitter alight but until then



Bond has to put himself back together again



Bond awaits instruction

remain under embargo. Suffice it to say we get to meet new characters, Eve (Naomie Harris), Mallory (Ralph Fiennes) – remember those names – as well as the new beetle-browed Q (Ben Wishaw) who gives Bond nothing more fancy than a gun and a radio.

"Not exactly Christmas," snarls Bond.

"Were you expecting an exploding pen? We don't really go in for that any more."

And so it goes. Ribbing the formula. Destroying the formula. Embracing the formula. Renewing the formula.

Throughout there are hat-tips to Bonds past, beautifully and lightly done – the DB5! – but nothing gets in the way of the muscle-crunching action that culminates in a fittingly intimate finale hurling us straight into the next 50 years. Can't wait.

Giles Broadbent

Our verdict

Still nobody does it better – and *Skyfall* more than makes that point

★★★★☆

SCREEN



Stitches

(18) 86mins
★★★★☆

Richard Grindle (Ross Noble) is a sleazy clown working the children's party circuit in Ireland under his stage name Stitches.

He is far from a shining example of wholesome family entertainment and arrives late to one party.

Stitches' timing is awry for the entire party and the children drive him to the brink of distraction so it's little surprise when a prank goes wrong and *Stitches* ends up with a kitchen knife wedged in his body.

Years later, the same kids including Tom (Tommy Knight) and Kate (Gemma-Leah Devereux) attend a party, unaware that *Stitches* will once again be guest of honour, only this time he intends to give all of the youngsters the present of an early grave.

50

Years since the first Bond film, Dr No

23

Films in the franchise

6

Actors have played Bond in the recognised films

750

Extras in the Whitehall sequence

GREENWICH THEATRE PROUDLY PRESENTS

ROBIN HOOD

"ONE OF THE BEST PANTOMIMES IN THE COUNTRY... MORE ENJOYABLE THAN CHRISTMAS DAY ITSELF"

BRITISH THEATRE GUIDE 2013

Written and Directed by ANDREW POLLARD
Musical Director STEVEN MAURICE

ALL CHILDREN'S TICKETS HALF PRICE

GREENWICH THEATRE LONDON

Thu 22 November - Sun 6 January

Box Office 020 8858 7755 greenwichtheatre.org.uk

Business

Your Money

NEWS IN BRIEF

Business round-up

Regulation 'hurts business growth'

FINANCE Regulation in the financial services sector is stopping UK companies from growing their business, according to research.

The study by transformation consultancy Moorhouse, which spoke to 130 senior execs, found 88 per cent of them feel changes in the system are preventing them from addressing urgent priorities.

It also found only four cent of organisations feel they are coping well with regulatory change.

We need to invest in green industry

GREEN Investing in green industries can help break the "cycle of decline" – but a change in government thinking is needed.

Frances O'Grady, pictured, TUC general secretary designate said the country was "crying out" for good green jobs.



She told business secretary Vince Cable: "We want a properly capitalised Green Investment Bank which is able to raise funds to invest in the green capacity Britain needs in coming decades."

Award ceremony set for museum

AWARDS The Docklands Business Club Awards will take place next month at the Museum of London Docklands.

The event, run jointly with East London Chamber of Commerce, has been moved from the original destination of City Cruises' new boat, the Millennium Diamond.

Canary Wharf Group is the main sponsor of the black tie event, which takes place on Thursday, November 15. For tickets go to docklands.businessclub.org.uk

Bank sets aside £2bn for claims

BANKS The bill for mis-sold payment protection insurance for Wharf bank Barclays hit £2billion as claims continue to arrive.

The bank unveiled a further £700million hit last week after the Financial Ombudsman Service warned that complaints are on course to double from 165,000, the number it had anticipated.

HSBC has allocated £1.7billion to cover claims.

Give voice to your business ambitions

TECHNIQUES

Rob.Virtue
@wharf.co.uk

Got a big presentation coming up and worried your monotone voice will have the audience nodding off? Think your regional accent will cost you big in a job interview?

Help is at hand in the form of an opera singer who is assisting workers in Canary Wharf and the City with their voice worries.

North London-based concert soprano Susan Nataly Coombes said more and more City folk were seeking out her help for the experience ranked as one of the most stressful.

"Often people even in high positions in a company have concerns about speaking," she said. "Some are nervous of large audiences and some of small."

"Some say they garble like express trains while others are slow and monotone and it's been hinted at by colleagues."

Susan first came into contact with the City when giving lessons to the Lloyds Choir before she heard of workers looking for help with their speaking voices.

Demand exploded in the last couple of years off the back of *The King's Speech* film starring Colin Firth who highlighted the improvements that could be achieved.

For most of Susan's clients it's not about nerves, which she says "manifest themselves in the person who's not prepared" but more about a society in which enunciation has been overtaken by the email.

She says visualisation is a key part of her training.

"You might be keen on golf so I



Opera singer Susan Nataly Coombes has a handle on how to use the voice

WARM-UPS

Voice trainers often recommend speaking tongue twisters to get the lips and tongue moving. Have a go at these:

■ The sixth sick sheikh's sixth sheep's sick.
■ If Peter Piper picked a peck of pickled peppers, How man pickled peppers would Peter Piper pick?
■ I slit a sheet, a sheet I slit. And on a slitted sheet I sit. I slit a sheet, a sheet I slit. The sheet I slit, that sheet was it.
■ Black bug bit a big black bear. But where is the big black bear that the big black bug bit?
■ A skunk sat on a stump. The stump thunk the skunk stunk. The skunk thunk the stump stunk.

would say imagine the word is a golf ball so you hit it make it carry across the fairway," she said.

And while she does help with accents, she feels regional styles of speech should not be seen as a problem.

"Some people say they want to get rid of their accent but that's a lot of work over a long period," she said.

"I don't think it's something people should worry about. That would mean people sounding homogeneous in one upper class voice."

"The more important area is having a variation of pitch to hold interest."

Susan normally visits workplaces but "I'm now launching it on Skype. A lot of people have such a heavy workload they haven't got the time to meet."

Go to nucityvoice.com.

TRENDS

38%

Would be put off a potential partner if they were discovered to be bad with money and have debts

SOURCE: MONEYSUPERMARKET.COM

1.2m

The amount eBay pays in tax (£) in the UK after generating sales of £800million.

SOURCE: SUNDAY TIMES



2.3%

Inflation for under-30s compared to two per cent for all other age groups. Education costs contribute

SOURCE: ALLIANCE TRUST

248m

Released in equity by home owners in third quarter compared to £206million at the same time last year

SOURCE: EQUITY RELEASE COUNCIL

Women will have to pay for the boy racers

YOUR MONEY

Consumers are being warned that prices for many financial products could be significantly affected as the EU ban on the use of gender to price products such as insurance and pension annuities comes into effect before Christmas.

AA spokesman Ian Crowder says: "This is probably the biggest change to car insurance for many years. Companies are gearing themselves up, and most will have gender-neutral products ready during November."

The ruling by the European Court of Justice in March 2011 means insurers can no longer consider a customer's gender when working out premiums and benefits.



The AA fears some young female drivers could see their premiums soar by 25 per cent for insurance.

Prudential is implementing the decision on November 12. Rival insurers, including Legal & General, Just Retirement, LV= and Partnership, all promise to have gender-neutral rates in place by December 21.

Young women drivers could be

the first to feel the change: the AA puts typical premiums for women drivers aged 17-22 at £2,125, against more than £3,300 for men.

In the 23-28 age group, women pay an average of £1,200 per year, while men pay £1,840.

Crowder says: "Fairness has been sacrificed for the sake of equality. Any female with a new car should get insured as soon as possible."

"If you are male and thinking of getting a vehicle, it might be best to insure in the new year."

Sheilas' Wheels, the UK's leading female-focused car insurance brand, which has more than 500,000 policyholders, will implement gender-neutral pricing on December 18.

The company, which will continue to market the benefits of its

policies that resonate particularly with female customers, says it is "generally accepted" that motor insurance in the UK will, on average, become more expensive for women, particularly for under-30s.

However, Sheilas' Wheels believes the gender profile of its policyholders – with a huge predominance of female drivers – will restrain price rises for most customers.

Jacky Brown, head of projects at Sheilas' Wheels, says: "Although we have always believed the effects of this ruling will create many unforeseen consequences – not all positive for women – Sheilas' Wheels expects the impact will be more favourable than what we expect to see in the market generally."

Jeremy Gates

Comment

My boy's in the frame for the crime against posterity

This week's paper! S-o-o-o cute!" read the text from one of my mummy friends. I texted back "7" not knowing what on earth she he was referring to.

"Made me smile seeing our boys on the same page! You can't fail to spot Master A!" came back the reply.

I was still none the wiser until I happened upon a copy of our local paper.

There was a letter in Master A's satchel a couple of weeks back mentioning a photographer coming in to the school. I thought nothing of it, thinking it to be a

standard snapper invited in to take the standard class portrait.

I turned to the special *First Class* colour pull-out, a celebration of the new intake of pupils into reception classes in the area.

Flicking through the supplement, I spied several of my friends' children peering out of the pages, looking resplendent in their shiny new uniforms.

All of them bright-eyed, excited to be having their photograph taken.

"You can't fail to spot Master A!" kept giggling away at me as I turned page

WORKING MUM



TABITHA RONSON

after page until the flicking stopped. There it was – Master A's first official photograph.

I scanned the surrounding class images. Children sitting crossed legged, smiling at the camera. My friend was right. One couldn't fail to spot him.

In fact, and I'm not biased here in any way, Master A was the only face you were drawn to in this sea of Reception pupils' faces.

Compared to the other group photographs, Master A's class did look incredibly scruffy; a mish-mash of styles

as the school transitions from summer to winter uniform. But that wasn't the reason for his X-Factor, his stand-out style.

In the centre of the front row of the photograph sat my son. His pink protruding tongue the focal point of the picture.

Needless to say, Father Christmas will not be paying a visit, dropping down our chimney this festive season without suitable penance.

Working Mum, simply wondering where it is all going wrong.

POLITICAL NOTES & VIEWS

By Cllr Peter Golds

Culture is a symbol of civilisation

In the aftermath of the Second World War, the Government established the Arts Council to ensure that a small sum of public money was used for arts and culture. This has secured the future of our National Theatre, opera houses and great art galleries among many smaller ventures. This was, and is, a symbol of civilisation as throughout the world people, however impoverished, fight to preserve their culture.

Tower Hamlets has custody of a Henry Moore sculpture, gifted to the people of the East End half a century ago, and known locally as "Old Flo".

Having lost interest in the sculpture for years, the council, for whom culture is something found on a slide in a laboratory, has realised that this sculpture is worth a lot of money and is trying to sell it. Despite the financial situation

Are the Spanish selling their priceless heritage of Picasso?

in Europe are the Spanish selling their priceless heritage of Picasso? Of course not. Not least because the Spanish people would stop them.

I have been surprised at the messages I have received supporting my opposition to the sale.

If "Old Flo" is sold, it will almost certainly leave the country. The proceeds will help pay for more banners with pictures of the mayor. However, the East End will have lost something that is priceless – part of its heritage.

Conservative, Blackwall & Cubitt Town



Winona's always got time for Tim

The fondness Winona Ryder has for director Tim Burton is evident and enduring.

"Tim is so special to me in so many ways and I do feel like I owe my career to him in a big way because of *Beetlejuice*, so there was no luring," she tell us, explaining why she agreed to voice girl-next-door Elsa Van Helsing in the spooky family comedy.

"He's a dear friend, a brilliant guy and a brilliant film-maker so I'm just so thrilled to work with him again."

Before 1988's *Beetlejuice* she had appeared in two unremarkable films and she was unsure whether she should look for more roles or head back to college.

"I would go to auditions and I didn't look like anyone else and I wasn't really getting parts. So I feel that him giving me that role was the biggest gift," she says.

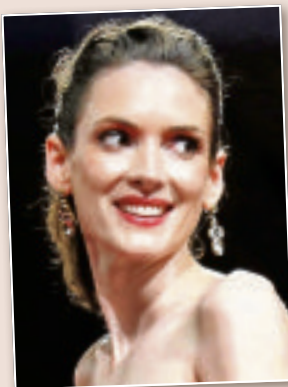
There are rumours that Burton will make a sequel to *Beetlejuice* with Michael Keating.

"I don't really know any details but of course I'd do anything for Tim," she says.

Boris entertains like no other

If you were one of Boris Johnson's people – or the man himself – would the following survey excite you or fill you with existential despair?

A list of people that famous people deem to be the most fun,



Winona Ryder helps promote Tim Burton's *Frankenweenie*



Will Young talks about his struggle against depression

CHARLIE WHISKY ... is out and about

reads as follows: Alan Carr (20%); Boris Johnson (16.5%); Russell Brand (10%); Rihanna (8.5%); Cameron Diaz (8%); Jonathan Ross (7.5%); Will Ferrell (7%); Noel Fielding (6%).

The mantrap minds of the average Wharfer will have picked up on the fact that seven of the eight are, er, paid entertainers and just one has serious aspirations to be a world statesman. Clue: It's not Will Ferrell.



Why singing is Will's salvation

Will Young has had an amazing time, he assures us when we meet, although reading between the lines of his autobiography *Funny Peculiar*, his path to happiness hasn't always run smooth.

Insecurities, depression and feeling ashamed about his sexuality for many years all merge into the melting pot of his life.

"I'm a psychotherapist's smorgasbord," says the 33-year-old singer currently enjoying rave reviews for his performance in *Cabaret*.

"If it wasn't for my singing, I'm not sure I would even be around today. Singing has been the one place where I have found my true, powerful self."

Listmania The best Bond

With the release of *Skyfall*, Daniel Craig cements his place with the best of the Bonds. How does that affect the league?

1



Sean Connery
Original and best

2



Daniel Craig
Hard on Sean's heels

3



Pierce Brosnan
All suave, no camp

4



Roger Moore
All suave, all camp

5



Timothy Dalton
Not George Lazenby

Tomorrow

... there'll be better beer

Barley breakthrough

Scientists have published details of the barley genome, a breakthrough that could lead to better beers and whiskies.

Armed with the knowledge of barley's make-up, strains of the world's fourth most important cereal crop could help yield advantages for developing new varieties.

Prof Robbie Waugh, of Scotland's James Hutton Institute, said: "This could be varieties better able to withstand pests and disease or even provide grain better suited for beer and brewing."



Today

App Of The Week

Make A Zombie

The Walking Dead is back on FX, Halloween is upon us and, despite the profusion of nasties attempting to cross the veil ahead of All Saints Day, there is simply never enough zombies to go round.

Here's your chance to increase the population and show off your creativity at the same time.

You get to choose backgrounds, bodies, clothes, eyes, heads and all the other rank parts that form the ranks of the undead. Then share them, print them or turn them into T-shirts.

Free, from iTunes

Yesterday

By Wharfinger

Oysters

The enigmatic shellfish is now regarded as a luxury foodstuff – but history and excavation has found that they were to be found living in abundance in the along the coast and were the food of the common man.

Indeed Charles Dickens' Sam Weller remarks: "Poverty and oysters always seem to go together."

The Romans made consumption popular but they peaked in popularity during the 18th and 19th centuries, often eaten pickled.



Images



1

A visitor looks at *No Return* by Australian artist Ken Unsworth at *Sculpture by the Sea* in Sydney

REUTERS
Tim Wimborne
AUSTRALIA

2

A model wears a creation by Colombian designer Andres Otalora during the Cali Exposhow

REUTERS
Jamie Saldarriaga
COLOMBIA

3

A student attends a protest on the second day of a three-day nationwide student strike against education cuts in Madrid

REUTERS
Andrea Comas
SPAIN



Mike Torpey
The Wharf

Topping the range the new G 63 AMG, with a hand built, bi-turbo 5.5-litre V8 AMG engine delivering 544bhp and 760 Nm of torque, costs



The potent AMG version of the G-Class has a retro feel

Distinguishing the G 63 AMG from the rest of the G-Class range is a unique radiator grille with twin chrome fins running through the black mesh while there are also AMG wheel-arch extensions, a bespoke sports exhaust system with chromed twin tailpipes and a new 20-inch five-twin-spoke alloy wheels.

The most powerful version of the G-Class delivers 544bhp to its 20-inch wheels



DEFY CONVENTION



*EXPECT MORE
PAY LESS*



Mazda2

From
£8,755 or **£149**
including a saving[^] of up to £1,823 per month⁺

Mazda3

From
£13,361 or **£199**
including a saving[^] of up to £2,907 per month⁺

Mazda MX-5

From
£15,051 or **£199**
including a saving[^] of up to £3,769 per month⁺

299-307 Collier Row Lane, Romford, Essex RM5 3ND
01708 735735 www.romfordmazda.co.uk

The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 21.9 (12.9) – 53.3 (5.3). Extra Urban 38.7 (7.3) – 74.3 (3.8). Combined 30.1 (9.4) – 65.7 (4.3). CO₂ emissions (g/km) 219 – 115.

[illegible]

To advertise, call Charlotte Waller on 020 7510 6402

the Wharf

classified

Adult Massage

Eva Massage
Canary Wharf
Luxury Apartment
In calls only
07725 838733

Emma European Massage
Canary Wharf
Luxury Apartment
07535 724014

Refine Massage
Canary Wharf
www.refinemassage.co.uk
807 Commercial Road, E14 7HG
07780972901
Many Other Services

Oriental Full body 2 body oil massage
www.londonbody2body.co.uk
Many other Services
In or Out call
07779211427

Oriental Scent Massage
Canary Wharf
Luxury Rooms
In and out call
07405031449
www.orientalscentmassage.net

YoYo
Japanese Sensual Touch
Canary Wharf/Central London
Call for more:
07448 834951
Incall/Outcall (24/7)

Paying for your ad is easy...

When you use one of the following methods:

POSTAL ORDER

VISA

MasterCard

American Express

CITY ANGELS MASSAGE
CANARY WHARF
LUXURY APARTMENT
INCALLS & OUTCALLS
www.city-angels.co.uk
07769055720

Amazing Chinese Massage
Luxury Rooms
Canary Wharf/
South Quay
07729 760888
www.gaomedical.co.uk
Free Packing & Card Accepted

Hostess & Escorts

Suzannes Escorts
Bookings
0871 222 0601
Calls to 0871 numbers cost 10p per minute plus network extras. PO box 1211 toll free customer service 0845 313 2074
Check out our girls on our web site
Info 090 673 91679
Calls to 090 numbers cost £1.00 per minute plus network extras. PO box 1211 toll free customer service 0845 313 2074
www.SuzannesEscorts.Co.UK

*To your door
within the hour
or visit us by
appointment
Driver service
from the station
7 nights a week
till 3am*

New Latin Petite Polly
Blonde Mature Escort
Independent
Canary Wharf
07526 261992

Sugarbabes
INTERNATIONAL
English Mature
Escorts Escorts
Porn Star Escorts
Call for website:
0788 1611 069

Independent Exotic Latin Mature & Attractive
In/out in Canary Wharf luxury flat
Early till late
Gina
07903 440 616

Never underestimate the power of advertising
CALL US NOW
020 7510 6402

New Hot Vanessa
Independent Escort
in Bank. Discreet and luxury apartment.
In calls and out calls.
0207 283 9745

where MOMENTS are captured and MEMORIES are made

GEORGIE H PHOTOGRAPHY

where MOMENTS are captured and MEMORIES are made

info@georgiehphotography.com
01268 422 472
07557 227 561



We couldn't make it any easier.

Finding the ideal IT opportunity isn't always easy. That's why we provide a clear solution.

PlanetRecruit is one of the UK's leading IT jobsites. We consistently find talented technology professionals the most relevant jobs both in the UK and abroad.

Our expertise means we can find you the right opportunities, without the hassle. And our connections with recruiters and employers means we can get you into all the best places.

To find the perfect job go straight to **PlanetRecruit.com/jobs**

PlanetRecruit
JOBS FOR TECHNOLOGY PROFESSIONALS

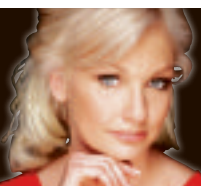
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Old habits are making it hard for you to tell the truth to your friends and family. Could this mean you want to give up certain weaknesses? You should.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Don't let friends force you to choose sides. It is far better for you not to take sides at this time, as aspects suggest you can't possibly have all the facts yet.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Your whole life is starting to feel more balanced and in control. This time last month many of you rams didn't know if you were coming or going.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Prepare for some major changes affecting your life and prepare to like them. For a long time you were simply being led, but now you're the leader. Enjoy.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You love it when a plan comes together and you're about to find out that all of the last few months hard work was well worth the effort. About time too.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You can't stop thinking about the past. At least take a look at the present and what's possible in the future. It's a view you're going to like for certain.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Changes are on your mind, as are moves. Should you stay where you are or should you move on? The decision is yours. Don't forget that, just relax.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Talks with close ones can tell you a lot about whether you're working from the same page or not. Don't hold back. Today you can say what you want.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Family make you happy this week. You're starting to understand that you've all made mistakes and you all deserve some understanding right now.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Don't allow tricky aspects to stop you from speaking and acting from the heart. It would be worth your while distancing yourself from those that criticise.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Although a loved one didn't mean to hurt you it is clear they have. You must face them to achieve closure so lance the boil and pick up the phone.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Phone calls and texts link you to information you did not think you would be able to get. It seems that not everyone is on the side you thought them to be.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

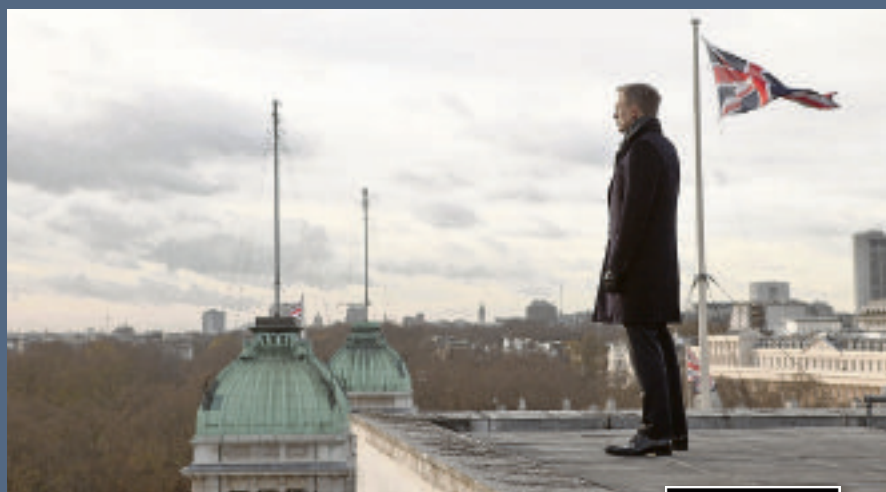
Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie

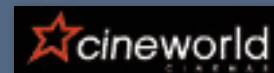


★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema.

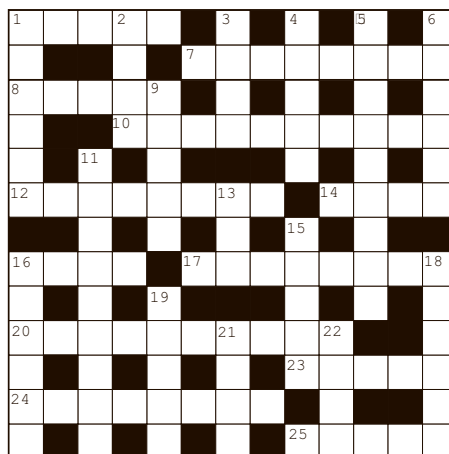
To be in with a chance of winning, just tell us the name of

the actor who plays James Bond in the blockbuster *Skyfall*. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is November 2, 2012.

Include your name and postal address and the details and tickets will be posted to you.



Crossword



ACROSS

1. Slatted wooden case (5)
7. Escort warship (8)
8. Stay clear of (5)
10. Thick creamy dressing (10)
12. Parody (8)
14. Elderly (4)
16. Christmas (4)
17. Fresh and unusual (8)
20. Competitor (10)
23. One who steals (5)
24. Star-shaped character (8)
25. Foe (5)

DOWN

1. Neckwear item (6)
2. Light haircut (4)
3. Extinct bird (4)
4. Happening (5)
5. Strict (9)
6. Protect (6)
9. Unfashionable (5)
11. Motherhood (9)
13. Hill (3)
15. Representative (5)
16. Any delicious drink (6)
18. Lose one's temper (3,3)
19. French underground (5)
21. Elephant's tooth (4)
22. Skinny (4)

ACROSS: 1. Crate; 7. Corvette; 8. Avoid; 10. Mayonnaise; 12. Travesty; 14. Aged; 16. Noel; 17. Original; 20. Constant; 23. Thief; 24. Asterisk; 25. Enemy. DOWN: 1. Cravat; 2. Trim; 3. Dodo; 4. Event; 5. Stringent; 6. Defend; 9. Dated; 11. Maternity; 13. Top; 15. Agent; 16. Nectar; 18. Let fly; 19. Metro; 21. Tusk; 22. Thin.

Sudoku

EASY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | | | | 9 | | | 8 |
| | | | | | 8 | 7 | | 4 |
| 5 | 8 | 1 | 2 | | | | 7 | |
| | | 8 | | 1 | | 7 | | 4 |
| 1 | | | 7 | | 5 | | | 2 |
| 3 | | 7 | | 2 | | 1 | | |
| | 2 | | | | 1 | 8 | 5 | 9 |
| | 7 | | 6 | 5 | | | | |
| 4 | | | 3 | | | | 2 | 7 |

HARD

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | | | | | 7 | |
| | 7 | 8 | 5 | | 6 | 4 | 2 | |
| 5 | | 2 | | | | 6 | | 3 |
| | | | 8 | 5 | 9 | | | |
| | | | | 7 | | | | |
| | | | 6 | 1 | 2 | | | |
| 4 | | 6 | | | | 3 | | 9 |
| | 2 | 3 | 9 | | 1 | 8 | 5 | |
| | 5 | | | | | | 4 | |

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

THE FANS' ROAR

By Ian Toal



Two draws bring mixed emotions for the Lions

Despite drawing both our last two matches, we've had real contrasting emotions coming out of each game.

We initially went down 2-0 in the derby match at Selhurst Park last Saturday against our near neighbours Crystal Palace.

So the 2-2 draw that we secured in the end, thanks to the game being turned on its head with the deliberate handball and sending off of Dean Moxey, was a decent result.

Although Palace will never be as significant as rivals to us in comparison to West Ham, we definitely hate losing to them all the same and, in securing that draw, we were happy at the final whistle.

That contrasts with the feelings of frustration and disbelief coming out of The Den on Tuesday night after letting a 3-0 lead slip against Birmingham City when pantomime villain Marlon King netted a hat-trick.

The result left more than a few of our supporters wishing the crowd had not given him so much

“

We must learn to defend better and stop the crosses coming in

stick earlier in the game, which only had the effect of firing him up all the more.

That aside we must learn to defend better and stop the crosses coming into our box.

If we can't start to keep at least some clean sheets we're going to have an uphill battle to stay in this division.

Looking back at the derby game, it's a shame that Crystal Palace deemed it necessary to restrict our ticket allocation to a paltry 2,600 nowadays.

Their club officials must be fed up with us bringing five to six thousand to their ground, out-singing them with the good acoustics in the Arthur Wait stand and normally coming away with a solid result.

WEEKEND FLUTTER

WITH THE RACING POST

GETTY



Chelsea's Juan Mata in action against Shakhtar Donetsk

FOOTBALL

■ With in-form midfield trio Juan Mata, Eden Hazard and Oscar at the heart of their attack, Chelsea have an excellent opportunity to make a real statement in the title race with victory at home to Manchester United on Sunday.

United have gone behind in three of their four Premier League away games this season and the Blues have the quality to capitalise if the Reds start slowly again.

The Blues have already won at Arsenal and Tottenham this

season and they look as if they have the appetite for the big matches.

Stephen Walter

RACING

■ The Old Roan Chase is the feature race on a cracking Aintree card on Saturday, and the Paul Nicholls-trained Pacha Du Polder can land the spoils.

The potent five-year-old looks well handicapped off a mark of 150 and has plenty of potential.

He rates a good bet, so why not have a flutter? Edward Quigley

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

WIN

tickets to see world's best tennis players at the ATP Finals

★ The cream of world tennis is preparing for the eagerly awaited annual Barclays ATP World Tour Finals at The O2 in 10 days' time.

Already qualified are US Open champion Andrew Murray, Wimbledon winner Roger Federer and Australian Open victor Novak Djokovic.

They will be joined by David Ferrer and Tomas Berdych, with Rafa Nadal's position under-threat due to injury.

Two more spots are still up for grabs – three if Nadal is ruled out – and are to be decided on in the coming days.

The action will run from November 5 to 11.

The Wharf has teamed up with the organisers of the event to offer a pair of tickets to one lucky reader for the Tuesday, November 6, evening session of the ATP Finals.

The action will start at 6pm and there will be both a doubles and a singles match featuring the world's top tennis stars.

For a chance to win the tickets, answer the simple question: **Who won this year's men's US Open?**

To enter go to wharf.co.uk and click the competitions link. You will need code **TEN01**. The closing date is November 1.



REUTERS

Andy Murray and Roger Federer, below left, have both qualified for the Barclays ATP World Tour Finals at The O2

Addicks respond in the right

CHARLTON

Rob.Virtue
@wharf.co.uk

CHARLTON will travel to Wolves on Saturday in buoyant mood after a well-fought draw at Leeds United on Tuesday evening.

Manager Chris Powell made four changes to his injury-hit side after Saturday's disappointing defeat to Barnsley and the team responded in the right way.

A goal from debutant Dorian Dervite, playing as part of a five-man midfield, rescued a point for the Addicks against a Leeds side who have made a strong start to the season.

But it was Charlton who nearly nicked it towards the end, with substitute Bradley Wright-Phillips twice going close.

After the match, Powell said: "It was a really good performance. A real response from a disappointing

performance on Saturday at home to Barnsley.

"I felt we grew into the game as it went on and we created the better chances all game.

"Then we go 1-0 behind. We hit the bar towards the end of the first half and you are thinking that it is not going to go for us.

"But the players had real belief at half-time and I just wanted them to carry on in the same way. It was important for us to get something early on in the second period.

"It was a superb goal by Dorian Dervite making his debut and playing in a slightly different role for him, but he is a good footballer. I just felt we needed that sturdiness in our team and he provided it."

Charlton, already without Yann Kermorgant, Rhys Wiggins and Ricardo Fuller because of injury, lost midfielder Dale Stephens before kick-off against Leeds United with a hamstring strain.





way to team changes



Charlton's Bradley Wright-Phillips forces Leeds' keeper Paddy Kenny to make a save. The Addicks' substitute twice came close to giving his team the win

Confidence is high for surprising Irons

WEST HAM

Giles.Broadbent
@wharf.co.uk

THE grit and determination that West Ham manager Sam Allardyce has built into his team is keeping them – no longer improbably – in the top half of the Premier League.

Soon there will even be talk of a European spot although the fixture list has been too kind to the Hammers to suggest that's anything more than a long shot.

The convincing 4-1 win over beleaguered Southampton showed how the team Allardyce has created has become such a surprise package.

They have strength and endeavour at the back, application and strong wing play in the middle and imposition and culture up front – the latter perfectly exemplified by Modibo Maiga's skilful fourth.

With confidence high, it is a perfect time to visit Wigan away where the tough northerners present a challenge but not one that is insurmountable.

Allardyce said: "Can we now go and get our first back-to-back wins in the Premier League?"

"When you've won a game, to go and try to win the next one is a massive ask and it makes a



Sam Allardyce says West Ham's aim is to win at Wigan

huge difference. That's our aim. Wigan haven't won at home this season so there might be a lack of confidence there."

Although he wasn't on the scoresheet last time around Big Sam is pleased Andy Carroll's proving a handful.

Allardyce said: "Andy will score sooner or later but it's not about him scoring, it's about us winning. The old saying is if the front man plays well, the team plays well."

"What's important is playing well and winning, as we did on Saturday. We had nearly 35,000 fans here and in the end they went home very happy, which is very important for you as a manager."

SPORT IN BRIEF

Club results

Side collapse in second period

RUGBY Blackheath had only themselves to blame after suffering a second-half collapse against Cinderford.

The south-east Londoners were 19-15 up at half-time before falling to a 34-19 defeat.

Dave Allen scored two tries for the visitors and Richard Windsor got one but it wasn't enough.

On Saturday Blackheath entertain Cambridge at Rectory Field.

Victory for Isle of Dogs men

RUGBY Millwall's first team held strong for a good win against a resilient Maldon side.

The east Londoners won 33-27 with tries from Sean Russell, Andrew McMahon, Shaun Cooke, Tom Ronayne and Robert Quinn, along with the consistent kicking of Andy Long.

The side travel to Campton this Saturday while the second team entertain Canvey.

BURLESQUE CITY

Formerly Known As VENUS

Open Mon - Sat
From 8 pm

NOW OPEN

Free Admission With This Ad

London's premier fully nude table dancing venue

29 Farringdon Road, London EC1M 3JB

Tel : 020 7242 1571 www.cityburlesque.co.uk

HOT

BIKRAM YOGA

Canary Wharf

Now Open!

INTRO OFFER!
20 DAYS £30

GET TONED ★ DETOXIFY ★ LOSE WEIGHT

WWW.BIKRAMYOGALONDON.COM

020 7537 2002

OPEN 7 DAYS A WEEK!